Man arrested in complex maple syrup robbery.

For those who like their maple syrup hot, this makes for tasty, if rather complex reading. A convoluted plan to syphon off over 500 tons of the sweet stuff over 15 years was foiled. Following that, an even more complex 12-month arrest operation ended yesterday.

Pay attention now, it goes something like this. The man in question, working at Desève Maple Syrup, a bespoke, family distillery that produces some of Canada's finest syrup, took with him after work each evening one shot of the sweet stuff inside his thermal water bottle.

Strict security checks at the distillery failed to detect the "sweet water" bottled within his empty lunchbox. In his 15-year career, the man is said to have accumulated over 500 tons. It is now known that the man was waiting for the syrup to become a sought-after and highly priced "Desève Vintage," before putting it up for sale on the black market. Certain connoisseurs – obviously with pancakes of high aspirations – are willing to pay a hefty price for the precious vintage liquid.

The man's long and complicated arrest occurred by way of a police officer, of the aforementioned connoisseur variety, who was on the lookout for a vintage, and who was offered the 500 tons – in one load. As no syrup of this type had ever been reported missing, the theft was almost impossible to prove. Almost. After 12 months of consuming sample after sample, and no doubt after having accumulated pound after pound around the waist, the police officer's well-trained palette finally recognized and proved the syrup was of Desève origin. So, to make a long and complicated story very short, the man – and his sticky fingers – are now awaiting trial.

If you find there's a lot of information here for your morning commute, I kind of agree, and think there must be a simpler way to tell this story. But with a pressing deadline, that was the best I could do. Sorry. But, as it seems I have some extra space, lets try again to simplify it:

A convoluted plan to syphon off over 500 tons of the sweet stuff over 15 years was foiled. An even more complex 12-month arrest operation ended yesterday. The man in question took with him after work each evening one shot of the sweet stuff inside his thermal water bottle.

Strict security checks at the distillery failed to detect the "sweet water." In his 15-year career, the man accumulated over 500 tons. It is now known that he was waiting for the syrup to become a sought-after and highly priced "Desève Vintage" before putting it up for sale on the black market. Certain connoisseurs pay a hefty price for vintage liquid.

The man's long and complicated arrest occurred by way of a police officer on the lookout for a vintage, who was offered the 500 tons – in one load. As no syrup of this type had ever been reported missing, the theft was almost impossible to prove. After 12 months of consuming sample after sample, the police officer's well-trained palette finally recognized and proved the syrup was of Desève origin. So, for the second time, to make a now even longer and more complicated story even shorter, the man – and his sticky fingers – are now awaiting trial.

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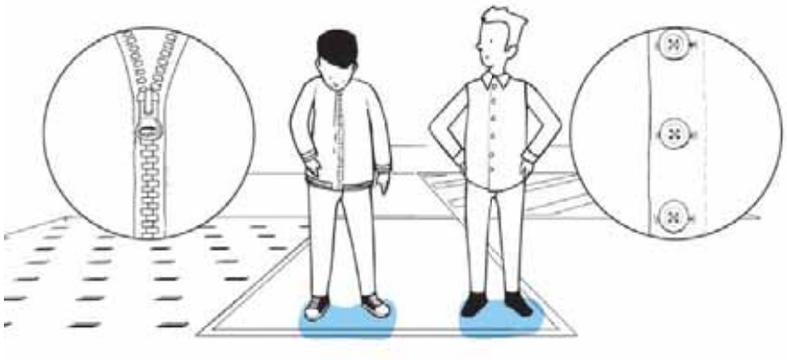
Volkswagen technology explained simply in pictures

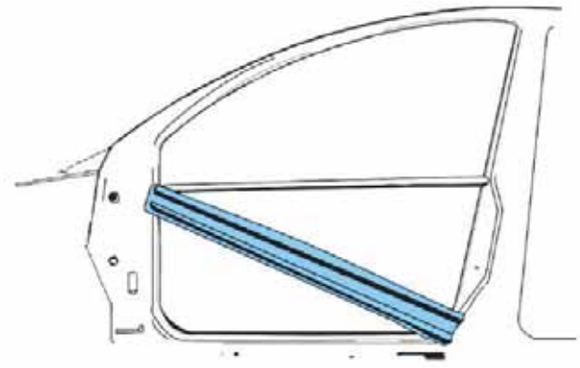
Laser Welding*

The body of every Volkswagen is laser welded for extra strength, not spot welded like many of the other guys. Pull apart your shirt! Spot welding is like having buttons, laser welding is like having a zipper. Which is stronger? Enough said.



Side Impact Beams*

Volkswagen positions its side beams diagonally to cover a larger area and uses high strength steel to provide additional protection.



Self-drying Brakes*

In the rain, Volkswagen brakes automatically dry themselves. When your windshield wipers are on, the brake pads regularly dab the brake discs to remove water – so you can stop more safely.**

TSI Engine*

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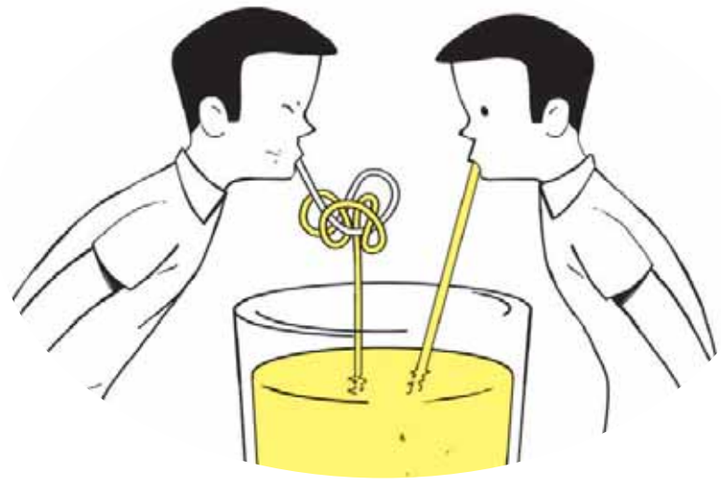

It's time to think German Engineering at vw.ca/whodathought

Das Auto.

*Drawings of features and comparisons are for illustration purposes only. Actual properties of the features may not be exactly as shown. Features may not be available on all models. **Brake disc wiper operates only when windshield wipers are on.

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DOWN TO JUST 2 SARAHS

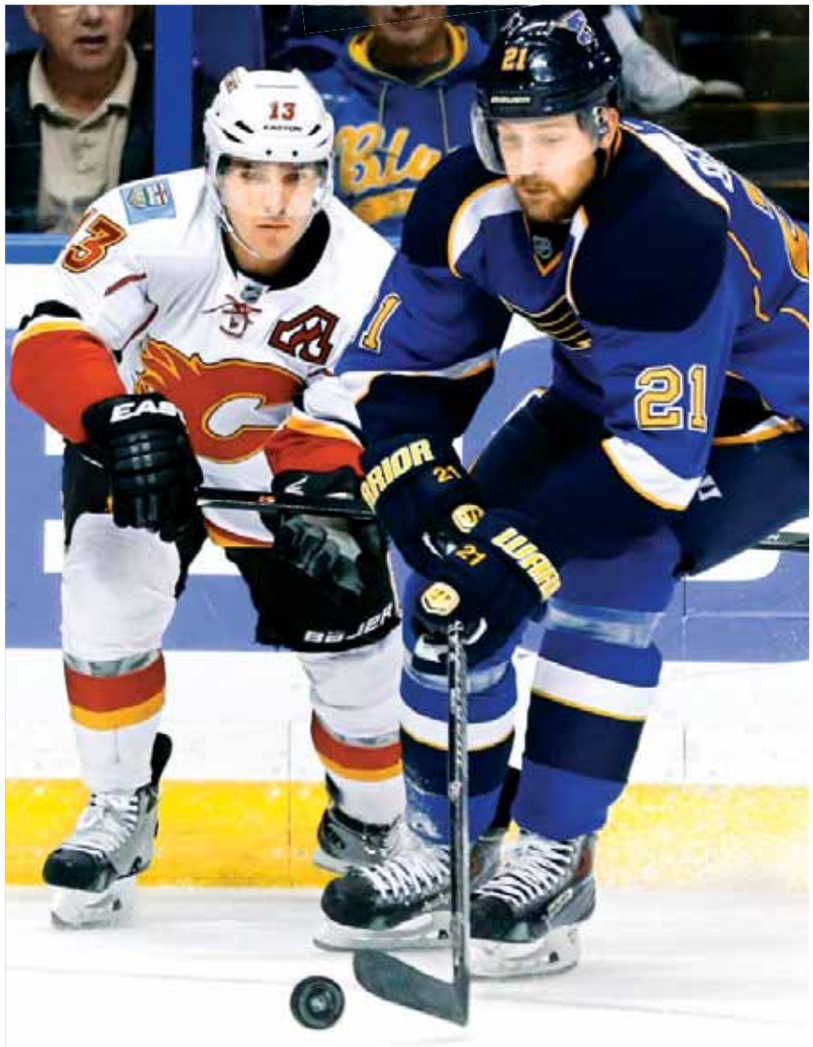
'IN THE FUTURE WE'RE GOING TO LOOK BACK ON THE 40-HOUR WORK WEEK AS A SOCIAL FAILURE' FIRED SARAH NO. 2 TELLS SHANNON PAGE 18

No Metro on Monday

Metro will not be publishing for the Remembrance Day holiday. Look for us again on Tuesday

Healing the wounds of war

One Canadian veteran still has nightmares from the 'forgotten war' but having a pen pal in Korea has helped with the suffering PAGE 10-11



FLAMES SING THE BLUES

Patrik Berglund of the St. Louis Blues and the Flames' Mike Cammalleri chase a loose puck during Thursday's game in St. Louis. The Fames lost 2-3. Story, page 40. JEFF ROBERTSON/THE ASSOCIATED PRESS

Transit may get 55,000 more service hours in budget update

Council. Transit requests part of budget with proposed 6.1 per cent tax hike

BRYAN WEISMILLER
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Calgary Transit's exceedingly stressed system could get a huge boost with an extra 55,000 service hours up for approval in the 2014 city budget.

Transit officials billed the move as a means of freeing up feeder-bus frequency to C-Trains at times of peak demand. However, some riders interviewed Thursday worry that would exacerbate already sardine-can-like train cars.

"I get on at the very end of the line in the northeast and sometimes I don't even get a seat in the morning — even though I'm like first one on," said David Spry as he waited for a rush-hour train. "It's not comfortable."

Quoted

"I get on at the very end of the line in the northeast and sometimes I don't even get a seat in the morning — even though I'm like first one on.... It's not comfortable."

C-Train rider David Spry

Calgary Transit has also budgeted another $14 million in 2014 to upgrade three northeast stations to allow for four-car train platforms: Barlow-Max Bell, Memorial and Zoo.

The transit upgrades come as part of a proposed package that would see the city hike taxes by 6.1 per cent — although that could change pending debate over the $52 million of provincial tax room and lingering budgetary requests for city council to sort out during deliberations at the end of November.

With more than 100,000 million riders pushing the turnstiles in 2012 — an all-time record, transit spokesman Ron Collins said more service hours are needed to keep up with the demand.

"We're going to be able to achieve what our customers want and that's more service where it's needed," said Collins, who added the hour boost will be offset by increased fare revenue.

However, beyond "new communities," it's unclear exactly where these extra hours will be distributed. Collins declined to provide specifics until the proposal hit city hall.

Distribution was a chief concern of university student Kyle MacQuarrie, who told Metro he's sick of being passed over by jam-packed buses on popular routes coming out of downtown when other buses are sitting virtually empty.

"It's one thing to increase the number of ride hours," MacQuarrie said. "But they need to take a look at the allocation of buses on the routes."

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Proposed law

Keeping cigarette smoke from kids

Alberta took steps Thursday to keep kids away from cigarettes and cigarette smoke.

Health Minister Fred Horne introduced a bill to crack down on those who sell tobacco to minors and to levy fines on adults who smoke with kids in the vehicle. Horne also said the government will back a private member's bill from backbencher Christine Cusanelli that will stop the sale of flavoured tobacco products.

Bill 33, the Tobacco Reduction Amendment Act, will give the province the same authority as the federal government has to fine those who sell tobacco to anyone under 18.

THE CANADIAN PRESS

Deerfoot Trail

Minister eyes chokepoints

With the southeast ring-road project set to wrap up this month, Alberta's transportation minister has set his sights on fast-tracking a pair of notorious bottlenecks on Deerfoot Trail.

Calgary MLA Ric McIver says he'd like to tackle the northbound pinchpoints at Southland Drive and Glenmore Trail interchanges by adding a third lane.

McIver told Metro "in a perfect world" construction would begin in 2014. "This has been, in my view, a longstanding need to be done," he said Thursday.

The projects are not on the province's current construction plan but have been the subject of public consultations in the past week. BRYAN WEISMILLER/METRO

CBE trustees sign agreement: No media

All seven Calgary public school trustees signed an agreement in late October indicating they would not speak with members of the media — a move that's drawing sharp criticism from those calling for transparency.

The agreement, provided to Metro Thursday for review during an interview with board chair Sheila Taylor, does specify that if an elected member chooses to conduct an interview with a reporter she must first give notice to fellow trustees of her intention to violate the agreement.

Sheila Taylor, CBE trustee chair
METRO FILE

But while trustees indicated Thursday that the agreement, dated Oct. 25, came in the spirit of a conversation about co-operation during orientation sessions held in the days following the recent municipal election, at least three — Taylor, Trina Hurdman and Amber Stewart — have already requested their names be removed.

"I felt like I took things a step too far and I think our policies already speak to how we communicate," said Taylor, reflecting on her personal decision to sign the agreement. She was elected board chair a few days later.

The agreement was drafted by CBE's general council Supt. Greg Francis on official organization letterhead, but Taylor said she didn't believe it to be legally binding.

Still, the decision to even sign such an agreement in the first place left Josh Traptow, chair of the Association for Responsive Trusteeship in Calgary Schools, scratching his head. He noted that many elected members campaigned in October on principles of more openness with the public, something he said the media can help facilitate. JEREMY NOLAIS/METRO

Spend $52M on flood defence: City managers

First step. Council gets look at draft budget, 6.1% tax increase proposed

BRYAN WEISMILLER
calgary@metronews.ca

Hanging on to the contentious $52-million tax give-back would help Calgary ward off its next big river disaster, city managers said Thursday, as the draft 2014 budget was unveiled.

With the first provincial "tax room" already earmarked for flood recovery efforts, city council must now decide whether to keep or return next year's contentious provincial cash to taxpayers, who are staring down a proposed 6.1 per cent property tax increase.

"We have brought forward and basically said, 'The only logical thing we would recommend is to build resiliency in the city against future floods,'" said Eric Sawyer, the city's chief financial officer.

Meanwhile, city councillors were split over whether to use the money to draw down the proposed tax hike or put it toward defending against a future flood.

Coun. Gian-Carlo Carra favoured more spending on flood-mitigation projects.

"We are going to be facing more floods," said Carra, who represents several riverside communities.

Coun. Andre Chabot said the city could take the $52-million from its $300-million rainy day fund. Chabot, known as a fiscal hawk, maintained city council could whittle down the tax hike closer to three per cent — depending on the number of "additional asks" council has left for budget talks.

In a statement, Mayor Naheed Nenshi said he looked forward to the budget debates, beginning Nov. 25.

Flood protection or tax rate reduction? City councillors will wrestle with that topic later this month, as the first draft of the 2014 proposed budget was released Thursday. METRO FILE

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Best of Canadian folk to be honoured on Calgary stage

About folking time.
Canadian Folk Music Awards come to Alberta for only the second time

LISA WILTON
Calgary@metronews.ca

Calgary folk music fans are getting an early Christmas gift this year.

The city will be filled with the sounds of some of Canada's top musical talent this weekend thanks to the Canadian Folk Music Awards.

The annual event is held in a different city each year, but it's only the second time since the CFMAs started nine years ago that the awards have been handed out in Alberta.

Suze Casey, CFMA local chair and artistic director of the Calgary Folk Club, says it was about time Calgary hosted the awards.

"Calgary is the folk-club capital of the planet," she says.

"There is no other city in the world that has multiple folk clubs. We have seven (including the Nickelodeon Folk Club, Saturday Night Special and the Bow Valley Folk Club). We really wanted to showcase the club scene nationally and help other centres realize they can build the same thing over time."

In addition to industry workshops and the awards gala on Sunday, several nominated artists will be showcased at various folk venues around town.

As well, a Songwriters Circle featuring Maria Dunn, Justin Rutledge, Diem Lafortune and Stephen Fearing will be broadcast live from the Ironwood Stage in Inglewood on CKUA.

"The Canadian Folk Music Awards started out as a celebration of the industry and has grown into letting the community know about the folk music scene," Casey says.

"The local folk community is inside out about it, because I think what's happened in Calgary is people take the folk scene a little bit for granted. Calgary has something really special here with its year-round scene."

Calgary Folk Music Festival general manager les siemieniuk agrees with Casey that the city's folk scene is one of the healthiest in the country, and says events such as the folk awards and the BreakOut West/Western Canadian Music Awards held in Calgary recently are exciting for locals who follow Canadian music.

"Folk music is alive and well year round," he says. "This is just a concentrated version for a weekend where you can see showcases. The music industry is a series of niche markets, and this is one of them. People have been making a good living at it and will continue to do so."

Fort Macleod-based singer and songwriter John Wort Hannam is up for three awards, including solo artist of the year, at this weekend's Canadian Folk Music Awards being held at the U of C's University Theatre. CONTRIBUTED

More details

Quebec musician Benoit Bourque and CBC Radio personality Shelagh Rogers will host the Canadian Folk Music Awards gala, which takes place Sunday at the University of Calgary's University Theatre.

- The gala is open to the public and will feature performances by Oscar Lopez & James Keelaghan, Oh My Darling and Amelia Curran. Tickets are $40 and can be purchased online through ucalgary.ca/tickets or by calling 403-220-7202.
- For more information on workshops, showcases and nominees go to folkawards.ca

Police lay charges in Woodbine attack

Calgary police announced Thursday that charges have been laid over accusations a gun-wielding man attacked Woodbine residents.

The situation reportedly unfolded in the 12000 block of 17th St. SW, when residents there first heard a commotion outside.

Police said one of those residents stepped outside and was attacked by an obviously agitated man.

The attacker then returned home, grabbed a gun, and confronted another witness in the parking lot, according to police.

The second witness was allegedly attacked, but managed to wrestle away the gun.

"A struggle ensued in which the witness was able to disarm the man and detain him with the assistance of other passersby, who also called police," the Calgary Police Service reported in a news release.

The witness and the suspect were both transported to hospital with bumps and bruises.

Jonah Lee Chenier, 24, of Calgary, faces charges in relation to the incident.

METRO

Drunk driving

MADD launches Calgary campaign

Don't drink and drive.

That's once again the message as Mothers Against Drunk Driving Canada launched its annual Red Ribbon Campaign.

Alongside emergency officials Thursday at the city's Tri Services centre, MADD launched the 2013 campaign against the backdrop of a "Choose Your Ride" vehicle display, which pictures a taxi, a police car, an ambulance and a funeral coach. METRO

Upheld. Infant-assault convict's appeal rejected

The Alberta Court of Appeal has upheld the sentence of a man convicted of aggravated assault against a six-week-old infant.

Dale Kunath of High River had argued that he wasn't given enough credit for his guilty plea when he was sentenced in February to 10 years in prison.

But the three-member Appeal Court panel says the trial judge's decision was thorough and comprehensive with no reviewable errors.

During his sentencing, Justice Neil Wittman called the acts on the baby boy despicable, depraved and disgusting.

Court heard that Kunath burned the baby's feet with a lighter and injured his genitals so severely that the child might never fully recover.

Kunath was apparently upset that his girlfriend, the baby's mother, was speaking with the biological father.

Kunath pleaded guilty last December. The judge gave him 21 months credit for time already served.

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Calgary Soccer Centre's replacement fields will open next season, city pledges

City officials say this concept image is a fair representation of what the replacement structure at the Subway Soccer Centre will look like. CITY OF CALGARY

'Anchor facility.'

$11-million project could help attract bigger tournaments

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Construction on a long-awaited replacement structure at Calgary's soccer centre will soon kick into gear, with city officials pledging four indoor fields will be ready for action next season.

If the city holds true to its timeline, the annex-style structure at the Subway Soccer Centre will be unveiled nearly four years after the former bubble dome at the site collapsed.

The project has faced repeated delays, rising costs and a change of ownership last year, as the city took control of five existing fields at the centre and construction of the new ones amid complaints of mismanagement by the longstanding Calgary Soccer Federation.

All told, the addition will cost $11 million, but is worth every penny, according to Greg Steinraths, the city's manager of sport development. "We continually hear from Calgarians in regards to indoor facilities — the demand," he said. "We have got kids playing at times later in the evening than they should be."

Soccer dad Axel Dyckerhoff said his 12-year-old daughter is among those gearing up for games as late as 8 p.m. on weekday nights.

"I guess my hope is that, with the added space, that the play times would be sooner in the day," he said. "By the time she gets home, it's close to 9:45 p.m."

Beyond the need for city kids, Steinraths said the replacement structure will serve as an "anchor facility" for hosting higher-profile tournaments.

"We can look at some of those national competitions that we haven't been able to do before under one roof," he said.

And there's more ...

- **Outdoor.** The city is also developing three outdoor, artificial-turf fields around the Subway Soccer Centre, but will hold off on work there until the temperatures warm in the spring. A cost for that project was not available and a definitive timeline for when those fields would be ready has yet to be hammered down.
- **Complaints.** Calgary Minor Soccer Association officials lamented a lack of artificial-turf fields during the recent outdoor summer season, claiming they dry faster and require less upkeep. Rains forced much of the summer seeding round to be cancelled.

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Take a paws to say goodbye to tigers

Vasili and Samkha. Calgary Zoo shipping pair of brothers to Winnipeg as part of breeding initiative

Two of the Calgary Zoo's prized big cats are headed east, but fans will have a chance to bid them adieu.

Vasili and Samkha, twin males, will depart for Winnipeg's Assiniboine Park Zoo in December as part of a shuffle involving three zoos that aims to promote breeding among the endangered Amur tiger species, also known the Siberian tiger.

Sibling Kira will remain behind with three others — Baikal, Katja and Kita.

"It's really a move that serves the global population as a whole," zoo spokesperson Trish Exton-Parder said Thursday, noting recent estimates suggest there are no more than 400 Amur tigers presently living in the wild.

Zoo fans have had a special attachment to Vasili and Samkha since helping choose their names through an online contest. But the popular local tiger exhibit has remained closed since June's flood wreaked havoc on the island attraction.

Exton-Parder said visitors will have a chance to say goodbye when the facility fully reopens Nov. 28.

"People have been so anxious to come back onto the island.... Tigers are a huge favourite for people, so we're happy that the boys don't have to leave immediately," she said.

JEREMY NOLAIS/METRO

Two of the Calgary Zoo's tigers are on their way out of town.

JEFF MCINTOSH/THE CANADIAN PRESS FILE

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Samson Cree First Nation. More charges in homicide

Two more men have been charged with first-degree murder in the shooting of a woman on a reserve south of Edmonton.

Chelsea Yellowbird from the Samson Cree First Nation was shot and killed at her home on Sept. 5, 2011.

The house was next door to a residence where her nephew, five-year-old Ethan Yellowbird, was shot dead while sleeping two months earlier.

RCMP said Randall Omeasoo, 21, of Hobbema was arrested Thursday and being held in custody.

An Alberta Justice official said a third man, who has not been identified, has also been charged and a warrant has been issued for his arrest.

Police arrested Shelby Minde, 23, of Hobbema on a first-degree murder charge Wednesday after a two-year investigation. Minde is to appear in provincial court Tuesday.

THE CANADIAN PRESS

Airdrie. Grocery worker kidnapped, say RCMP

RCMP are investigating after an Airdrie grocery-store employee was kidnapped and threatened.

Officers were dispatched to the No Frills at 1050 Yankee Valley Blvd. S.E. around 10 p.m. The employee claims she was grabbed by two men while entering her vehicle.

She was then driven to a discrete location and threatened repeatedly over a period of 30 minutes.

The men then returned to the grocery store and made off with a large sum of money, RCMP said in a release.

The first kidnapper is described as a darker-skinned man with a moustache wearing a dark sweater, a black vest, jeans and black shoes with white laces. The second is described as a darker-skinned man wearing a dark hooded sweatshirt and dark pants.

Anyone with information is asked to contact Airdrie RCMP at 403-945-7200 or Crime Stoppers. METRO

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School spending. Province will fund 'every new kid' but won't ask for more

While Alberta's hard-hit post-secondary sector is getting a cash injection, primary schools will continue to be funded under the same commitment made in the March budget, the education minister says.

On Wednesday, Deputy Premier and Advanced Education Minister Thomas Lukaszuk announced $50 million was being poured back into universities, polytechnics and colleges slapped by an average 7.3 per cent cut in the spring.

Funding squabble

Representatives with the Calgary Board of Education have repeatedly claimed in recent months that funding is not keeping pace with student growth. When asked about rising class sizes at the high school level, CBE Chief Supt. Naomi Johnson told Metro last month, "Until we are resourced appropriately, I think it can't be fixed."

But just because schools for older learners are getting additional dough, doesn't mean the same will be requested from the provincial treasury board for those with kindergarten-Grade 12 kids, Education Minister Jeff Johnson said Thursday.

"Regardless of what special-interest campaigns would tell you, if you look at the budget, it went up $200 million not down," Johnson said, painting a contrast between his ministry and Lukaszuk's, which experienced a $147-million reduction.

Johnson did, however, say schools will be receiving a boost of cash consistent with their rise in enrolment — he said student population increases province-wide are verging on four per cent, nearly double initial projections.

"We will fulfill our commitment that we made at the budget, which was to fund every new kid who walks into the classroom to the same extent that we did last year," Johnson said.

JEREMY NOLAIS/METRO

FIRST QUEBEC — NOW WE'D LIKE TO INVITE TORONTONIANS TO CALGARY

IN DEFENCE OF
Mike Morrison
calgary@metronews.ca

Remember a few weeks ago when Calgary's biggest problem with our mayor was that he may or may not have used $471,000 of taxpayers' dollars for a big blue ring disguised as public art? (He didn't.)

Turns out, at least when we compare ourselves to Toronto, we're doing A-OK.

A few months ago, Mayor Nenshi extended an offer to Quebecers, who were rightfully dismayed by the proposed Quebec Charter of Values, to pack up their Céline Dion CD collections and move to Calgary.

Well, today, I'd like to do the same for Torontonians. After all, they often joke that we got our mayors mixed up, so why not come out and enjoy ours? We just hired him for another four years.

That's plenty of time to pack up, move out and take advantage of a province with no sales tax and a city that, according to Environment Canada, sees more sunny days than any other major Canadian city.

Heck, even the University of Toronto's Martin Prosperity Institute named Calgary as the ninth best performing urban area in the world for economic development, while Toronto ranked at number 25.

Worried about missing the CN Tower? Well, have you seen our Calgary Tower? No? Oh, that's because it's hidden behind six bigger buildings. But once you find it, it's pretty cool. And, if for no other reason, you should move to Calgary to enjoy our zoo, which is essentially downtown. Simply put, you can hear the lions roar on your way to work.

Go west!

Worried about missing the CN Tower? Well, have you seen our Calgary Tower? No? Oh, that's because it's hidden behind six bigger buildings. But once you find it, it's pretty cool.

That alone is worth leaving your friends, family and Rob Ford in Toronto, isn't it?

And, truthfully, while Calgary is a great place to live, we could certainly use more Toronto-like minds. Some of the things I love about Torontonians are their love of independent shopping areas like Queen Street West and small movie theatres. I love how many urban Torontonians don't even own cars and rely solely on their own two legs, biking and public transportation.

Plus, there's no denying that Canada's biggest city is also the creative hub of the country, and having a few more creative minds here in our own city can only help, especially when it comes to convincing more film and television productions to shoot their stories in and around Calgary.

And sure, this city has had our share of political scandals, but it would seem, at least for now, that we're headed in the right direction, which is always better than waiting for your city and its mayor to hit rock bottom.

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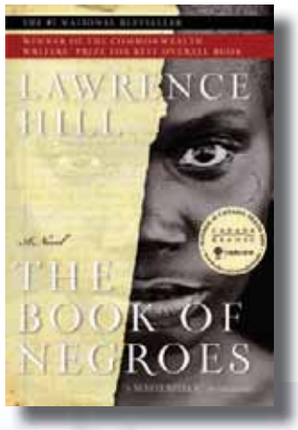
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Rebecca Szybunka is one of many "Santas" involved in the Seniors Secret Santa Service. The program is looking for a larger space this season to sort and hold Christmas gifts for isolated seniors across the city. GLENN KELLY/FOR METRO

Spreading Dec. cheer to seniors

Secret Santas.
Local program needs more room to store abundance of gifts

GLENN KELLY
calgary@metronews.ca

Santa Claus is coming to town — although for some people, it's the Seniors Secret Santa Service that brings them a little Christmas cheer.

But after receiving a generous number of donations this year, the program has nowhere to store its gifts — enough to fill a 5,000-square-foot warehouse.

"We have never had the same warehouse twice. It's always a bit of a struggle to try to find space," said program co-ordinator Andrea Brumwell.

Founded in 1985, this year the Secret Santa Service will provide over 2,700 Calgary seniors who are isolated or alone over the holidays with a gift from their adoptive Christmas "Santa."

But until then, the program needs a space to operate in from November to December so the crew can sort the donated gifts and get them ready for transportation to senior care facilities.

Brumwell says the program is definitely valuable and has great impact on their elderly patrons.

"A lot of them wouldn't have anything on Christmas, and it's tough" says Brumwell.

"I think that they enjoy the things that they get but I think that for the most part what they enjoy the most is that somebody actually thought of them."

People with any information on a possible temporary location for the Seniors Secret Santa Service are encouraged to call (403) 257-8339 or email coordinator@seniorssecretservice.com.

Senior smiles

2,700

Number of Calgary seniors who will receive a gift from their adoptive "Santa."

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You've got Seoul: Vet's spirit buoyed by pen pal

Remembrance Day. Frank Bayne is still haunted by what he saw during the war, but his influence on a young Korean woman's life has helped him find meaning in his suffering

JOE LOFARO
Metro in Ottawa

Canadian veteran John Stuber receives a hug from Pastor Won Seong-Jae April 26 as dozens of people greeted Korean War veterans at the Busan train station. JOE LOFARO/METRO IN OTTAWA

Vet Joel Beaman stands next to the Canadian Korean War Monument in Gapyeong. JOE LOFARO/METRO IN OTTAWA

Korean War veteran Frank Bayne poses with his longtime Korean pen pal Choi Jeong-Won at a restaurant in Seoul in April 2013. CONTRIBUTED

When Frank Bayne closes his eyes at night, he sees Korea.

He doesn't see the towering skyscrapers of present-day Seoul, or the men and women in suits strolling below, tapping at smartphones bigger than their hands.

What the Guelph, Ont., resident sees are flashbacks of his 14-month service in the final year of Canada's third-bloodiest conflict, the Korean War.

He was manning artillery guns at the peak of Sang Seung observation point, northeast of the South Korean capital in 1953, when, beneath him, in a valley, enemy Chinese soldiers shot his friend Lt. Gerry Meynell in the head and then gunned down another friend, Lt. Doug Banton

At least 514 other Canadians also lost their lives in the 1950-1953 war.

The lasting effects remain after 60 years for veterans like Bayne.

"My wife says she knows when I'm dreaming because my legs are thrashing around like I'm running," said Bayne.

"In the last year, I had one really, really bad nightmare where she had to wake me up because I was whimpering."

But Bayne, 86, has found a way to deal with his suffering.

He started writing to seven schoolgirls in South Korea about 20 years ago through a partnership created by the Korean Veterans Association of Canada.

One girl, named Choi Jeong-Won, has kept the pen-pal tradition alive to this day.

As a child, she would write about her life in Korea, her school, and day-to-day goings-on in the life of a typical South Korean teenager.

In her adult life she wrote one time about feeling like she had disgraced her family by failing her bar exam for the first time.

"So I wrote her back and said, 'You know, I failed many times and please keep trying,'" said Bayne.

Bayne met her for the first time last April at a Seoul hotel while he was there for a visit organized by Veterans Affairs Canada.

In January, the federal government declared 2013 the Year of the Korean War Veteran and sent 36 vets to mark the 60th anniversary of the Korean War Armistice.

"When we met at the hotel she said that (letter) inspired her to keep on going," said Bayne proudly.

She is now in her early 30s and is a lawyer for a shipping company in Seoul, Bayne said. They've exchanged more than 45 letters.

"I feel that I've contributed to having the country the way it is today; that has allowed her to do what she's done," said Bayne. "If we hadn't gone there, the whole thing would have been a whole different story."

He has the camaraderie of his fellow veterans, but he said his relationship with Choi puts a human face on the progress South Korea has made in the last 60 years.

On Monday at his home he was preparing to send a new, handwritten letter to Choi. Tucked inside the envelope will be a Canadian Remembrance Day coin as a small token of his thanks.

He recalled her gesture of gratitude when she treated him to dinner after their hotel meeting.

En route to the restaurant in a taxi, the driver got out of the cab, bowed to him and thanked him for his service.

"People in the restaurant, again, they all thanked me for saving the country. It was quite an experience," said Bayne.

Reflecting on his journey back to the bustling metropolis, Bayne said the federal government's declaration of the Year of the Korean War Veteran has helped Canadians remember.

Several people have approached him asking him to speak about the war. This week he was scheduled to speak at a school in Guelph, at the local Royal Canadian Legion, and at a Remembrance Day ceremony.

"In the past, it really was a forgotten war," said Bayne. "And of course it used to make me angry, it used to make quite a few of us angry because people ... always referred to it as the Korean conflict. When somebody would say that I would interrupt and say, 'Well, when I was there, it sure as hell sounded like a war to me.'"

How Canada got involved

25th

The war started on June 25, 1950, when North Korean military forces crossed the 38th parallel into the Republic of Korea.

Other countries

15

Canada joined the war effort in Korea in support of the 15 other United Nations members, including the U.S., Australia, the U.K., and New Zealand, to help defend South Korea.

Quoted

"If we are to avert the danger that threatens the free world, we must martial in increased resources available to resist aggression."

Canadian prime minister Louis St. Laurent on Aug. 7, 1950.

UN involvement

- The United Nations became the first international organization in history to vote in favour of using force to stop an aggressor.
- In response to the North Korean invasion, Canada recruited an army brigade called The Canadian Army Special Force to assist the UN-led mission.
- At the time, prime minister Louis St. Laurent wanted as close to as many troops as in the Second World War as possible.

Troops

26K

Canada deployed 26,000 troops, eight destroyers, and more than 22 RCAF fighter pilots throughout the thee-year war effort in the Korean peninsula.

SOURCE: VETERANS AFFAIRS CANADA, CBC RADIO ARCHIVES

Ret. Cpl. Frank Smyth salutes at the site of a grav
JOE LOFARO/METRO IN OTTAWA

vesite belonging to a Korean War veteran on April 25 at the United Nations Memorial Cemetery in Busan, South Korea.

Senator speaks on what the Korean War means to her

In 1953 an armistice split civil-war-torn Korea in two along the 38th parallel.

Soviet-backed communist North Korea pursued a policy of economic independence and isolationism, and its economy and the welfare of its people has progressively worsened under a succession of totalitarian dictators.

South Korea meanwhile has improved its lot, transferring from a military dictatorship to democratic elections in 1987 and electing its first civilian president in 1993. The country has grown into a high tech and manufacturing powerhouse with a GDP of $1.13 trillion US in 2012. It's considered the world's 12th largest economy.

Canadian Senator Yonah Martin came to Canada in 1972 and is the first woman of Korean descent to be appointed to the Senate.

She says Canada's fight in the Korean war was worth it.

"I would not have been born, I would not be here today. So I owe my life to those who went to Korea and served," Martin told Metro.

"The Korea today is unrecognizable, as everyone knows, from the time of the war where Korea was literally the second poorest country in the world and the Canadian sacrifice has not gone unnoticed. Korea was still a developing country back then and I'm amazed every time I return at what Korea has become."

JOE LOFARO/METRO IN OTTAWA

Quoted

"I owe my life to those who went to Korea and served."

Senator Yonah Martin

A young interpreter with the South Korean army gives a thumbs up as a bus carrying Canadians who fought in the Korean War drives by at the Sang-Seung Observation Point on April 23. JOE LOFARO/METRO IN OTTAWA

What does Remembrance Day mean to you?

"A day to remember all that they've done for us and remember that they put their lives out there just so we could live and we could be safe."

Amanda O'Brien, Halifax, Grade 7

"I'm remembering all those people who not just fought but also died or maybe didn't make it in the war."

Keegan Mason, Calgary, Grade 9

"Remembrance Day to me means all the soldiers that protected us from all the war so we wouldn't have to live in a life that is all about war."

Brandon Gladue, Edmonton, Grade 6

What do you think of Canada's armed forces?

"I think they're amazing and we really need to thank them more."

Emily Kha, Calgary, Grade 9

"They're very successful in protecting us and keeping us happy and safe."

Emily Konkolus, Edmonton, Grade 6

"We don't want war so that's why we're decreasing the level of war and we're increasing the level of love."

Janusan Jeyara, Toronto, Grade 7

Escalon, California

Big-time walnut theft in U.S.

Authorities in California are looking for the thieves who made off with 63,500 kilograms of walnuts.

The theft, estimated at nearly $400,000, occurred Sunday in the small town of Escalon. Investigators say it was one of the biggest to hit the booming industry. Last month, about 5,440 kilograms of walnuts worth $50,000 were stolen from a trailer parked on a highway.

This time several truckloads of walnuts were taken from a facility. Authorities say rising prices — about $2 per pound — is what appears to be driving the recent walnut thefts.

No arrests have yet been made.

Walnuts are California's fourth-leading agricultural export.

THE ASSOCIATED PRESS

Lesbian custody battle

Woman who donated an egg has parental rights: Court

The Florida Supreme Court has ruled that a woman who donated an egg to her lesbian partner has parental rights to the child, and on Thursday it ordered a lower court to determine custody and visitation rights.

The case involves two women, identified only by their initials, who began raising the child together. One donated an egg that was fertilized and implanted in the other, who gave birth in 2004.

But the couple split up two years later, and the birth mother eventually left the country. The other woman calls herself the biological mom.

THE ASSOCIATED PRESS

Privacy debate at the United Nations

Surveillance. Motion at General Assembly urges extending privacy or anti-eavesdropping rights

Brazil and Germany formally presented a resolution to the UN General Assembly on Thursday urging all countries to extend internationally guaranteed rights to privacy to the Internet and other electronic communications.

The draft resolution follows reports of U.S. eavesdropping on foreign leaders, including Brazil's President Dilma Rousseff and German Chancellor Angela Merkel, that angered and dismayed U.S. allies. But it does not name the United States or any other nation as an offender.

General Assembly resolutions are not legally binding but they do carry moral and political weight.

THE ASSOCIATED PRESS

Eavesdropping

U.S. officials declined to comment on the draft.

- "Dragnet surveillance of international communications is inconsistent with the International Covenant on Civil and Political Rights. It is indiscriminate and overreaching." Said Jamil Dakwar of the American Civil Liberties Union.

Hip 'Station 16' gallery robbed

Untitled artwork, by Labrona. A Montreal gallery that hoped to make Canada a world-class destination for art tourism, riding the street art wave that made Banksy a pop-culture phenomenon, has been dealt a blow with the theft of $50,000 in art.

HANDOUT/THE CANADIAN PRESS

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The Toronto mayor's sister, Kathy Ford, left, and mother Diane in a screen grab from their interview with TV station CP24. METRO

Ford family flock to T.O. mayor's aid

'Rude awakening.'
Sister calls Ford a binge drinker but no addict, mother blames pressure

Fairness

"My heart breaks for my son. It really, really does, because he's been attacked."
Mother Diane Ford

Members of Rob Ford's family sprang publicly to his defence for the first time Thursday amid a growing scandal that threatens to force Toronto's mayor out of office.

In an interview with TV station CP24, Ford's sister Kathy and mother Diane blamed the pressures of the job, his political rivals and relentless media hounding for his problems.

"The pressure that has been put onto him, since Day 1 since he was elected, it is not fair," his mother said.

His sister denied Ford was a drug addict or alcoholic.

"I know because I'm a former addict," Kathy Ford said.

His sister did concede he tends to binge drink and make a "fool out of himself."

"When Robbie drinks, I think he just goes full tilt."

But Kathy said the problem pales in comparison to his achievements.

"My heart breaks for my son," Diane Ford said. "He's been attacked."

She called the growing scandal — which includes a video showing Rob Ford apparently smoking crack cocaine and another showing him threatening to kill someone in a profane tirade — unfortunate.

"To err is human but to forgive is divine," Diane Ford said. "Forgiveness isn't in the eyes of the media right now."

His family believes there's no need to send him to rehab, as many of his allies have urged.

The crisis has been a "rude awakening," they said, but both insisted he is strong enough to continue as mayor.

"All the good that he has done, that's all been overlooked," his mother said. "That's just so hurtful."

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Ongoing conflict

Chief says he didn't know of new video

Coun. Doug Ford, normally a big supporter of the chief, has called for Bill Blair to step aside. CHRIS YOUNG/THE CANADIAN PRESS

The chief of police says a new video of Mayor Rob Ford making death threats while "inebriated" is not part of an ongoing investigation into the mayor, his activities and associates.

Chief Bill Blair said he became aware of a cellphone video showing Ford swearing profusely while, in the mayor's words, "inebriated" after it was published Thursday afternoon.

"I'm not going to make any comment on the matter," Blair said Thursday.

The latest video comes after a week of stunning revelations about the mayor, including his admission earlier this week that he smoked crack cocaine about a year ago.

On Tuesday, the mayor's brother Coun. Doug Ford called for Blair to step aside — a shift for the Ford brothers, who have long been adamant supporters of the chief and police.

Doug Ford alleged Blair was on a "witch hunt" and had a conflict-of-interest for going on a private fishing trip with police board member Andrew Pringle.

On Thursday, Blair simply said "no" when asked if he would resign and told reporters the trip was appropriate.

Police were told the mayor would not be attending the chief's annual gala for charity after Ford's office said he had been told not to attend. Organizers for the gala said that was not the case and that the mayor was never "uninvited."

Blair also refused to confirm reports Thursday that the mayor was negotiating with police through his lawyer to view a video of him appearing to smoke crack cocaine. TORSTAR NEWS SERVICE

Addiction expert weighs in

The latest video — in which Toronto's embattled mayor is clearly impaired and ranting maniacally — should be the final straw before he takes a leave to seek help, says an addictions expert.

- "It would seem that there's more evidence that this poor man is suffering from extraordinarily complex problems," said Ann Dowsett Johnston, a journalist who has chronicled her own battles with alcohol.
- "I'm watching an entire world laughing at him, and my feeling is one of deep and profound compassion," said Johnston, whose book, Drink, looks specifically at women and alcohol. "Because I feel that his addiction is very public and his need for help is very evident and his situation is dire."
- Johnston said the two most prominent aspects of addiction are that it gets progressively worse and is fuelled by denial, adding there are usually "many bottoms" for an addict.
- "Hitting bottom (and) getting well takes a lot of fortitude, determination and soul," she said. "My life looks completely different than it did before, and I couldn't imagine going backwards, and that's why I feel compassion for Rob Ford and I'm concerned for him."
- Ford has repeatedly apologized this week for his drug use and instances of public intoxication, but Johnston said, from her own experience, the people who care about you don't want to hear you apologize.
- "They want to hear, 'I've got a problem, I've gone to get help.'"

TORSTAR NEWS SERVICE

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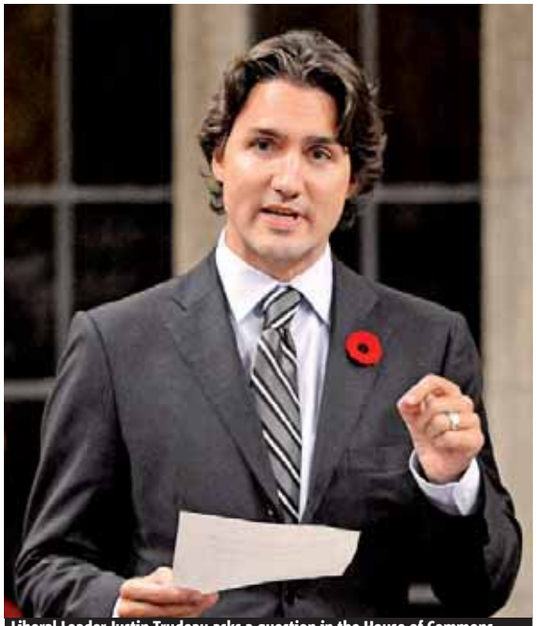
AVIurban

Internet all atwitter over Trudeau 'ladies-only' e-vite



Liberal Leader Justin Trudeau asks a question in the House of Commons earlier this week. SEAN KILPATRICK/THE CANADIAN PRESS

Invitation to fundraiser. Hundreds joined the pile-on, pouring on the sarcasm and mockery

A Liberal fundraiser aimed at capitalizing on leader Justin Trudeau's popularity among women is being denounced as sexist and patronizing by his political foes — and even by some Liberals.

The backlash started instantly late Wednesday when Trudeau tweeted that he was looking forward to "cocktails and candid conversation" at the $250-a-head event in Toronto on Thursday.

Fighting back

"Get a grip, people. It's an e-vite, not a platform."

Amanda Alvaro, organizer of the fundraiser, in a tweet following the Twitter-storm.

The accompanying electronic invitation to "Justin Unplugged" features stylized close-ups of the leader with a come-hither stare and the message: "Ladies, you're invited to (really) get to know the future prime minister."

Scribbled in grade-school cursive font around the margins are a series of questions: "What's your favourite virtue?" "Who are your real life heroes?" "What is the biggest issue facing women?"

The resulting Twitterstorm was fierce, generating its own hashtag: #askjustin.

"Who organized this? Barbie?," tweeted Lisa Kirbie, a Liberal commentator.

The organizer of the fundraiser, Amanda Alvaro, fought back, tweeting that the event was "organized BY women, FOR women with a (clearly) intriguing e-vite designed to inspire dialogue."

Trudeau himself took to answering questions posed by people under #askjustin.

THE CANADIAN PRESS

Philippines. 'Catastrophic damage' predicted from year's strongest typhoon

The world's strongest typhoon of the year slammed into the Philippines on Thursday. It had been poised to be the strongest ever recorded at landfall.

"There will be catastrophic damage," said Jeff Masters, meteorology director at the private firm Weather Underground.

The U.S. Navy's Joint Typhoon Warning Center in Hawaii shortly before landfall said Typhoon Haiyan's maximum sustained winds were 314 km/h.

"There aren't too many buildings constructed that can withstand that kind of wind," Masters said.

Thousands of people have evacuated villages in the typhoon's path.

The only tiny bright side is that it's a fast-moving storm, so flooding from heavy rain — which usually causes the most deaths from typhoons in the Philippines — may not be as bad, Masters said.

THE ASSOCIATED PRESS

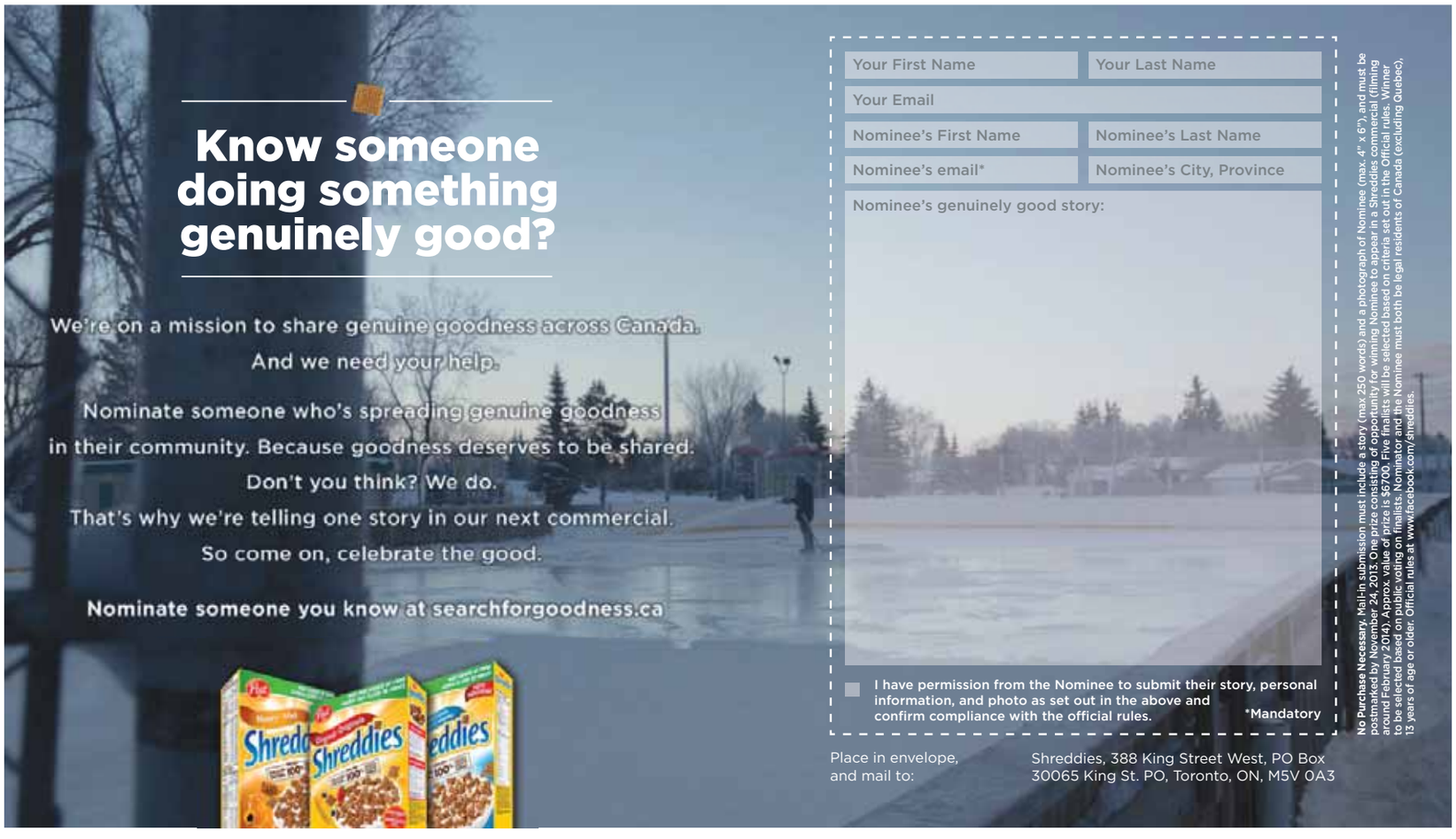
Duffy, Wallin, Brazeau

Ousted senators still eligible for pensions

The three senators at the heart of the Senate expenses scandal will continue to accrue eligibility for a generous parliamentary pension during their suspension from the upper chamber.

The two years Patrick Brazeau, Mike Duffy and Pamela Wallin are expected to spend in political purgatory will count towards the six years of service needed to become eligible to collect a pension, the Senate says.

THE CANADIAN PRESS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Twitter has never made a profit but is valued at $31B

News worth tweeting about. Social network hits the New York Stock Exchange and flies much higher than expected

Shares of Twitter went on sale to the public for the first time Thursday, instantly leaping more than 70 per cent above their offering price in a dazzling debut that exceeded even Wall Street's lofty hopes.

By the closing bell, the social network that reinvented global communication in 140-character bursts was valued at $31 billion US — nearly as much as Yahoo Inc., an Internet icon from another era, and just below Kraft Foods, the grocery conglomerate founded more than a century ago.

The stock's sizzling performance seemed to affirm the bright prospects for Internet companies, especially those focused on mobile users. And it could invite more entrepreneurs to consider IPOs, which lost their lustre after Facebook's first appearance on the Nasdaq was marred by glitches.

Twitter, which has never turned a profit in the seven years since it was founded, worked hard to temper expectations ahead of the IPO, but all that was swiftly forgotten when the market opened.

Still, most analysts don't expect the company to be profitable until 2015.

THE ASSOCIATED PRESS

Twitter goes where it's never gone before: the NYSE

Twitter gave users the opportunity to ring NYSE's opening bell instead of executives.

- The users included Sir Patrick Stewart, Capt. Jean-Luc Picard in Star Trek: The Next Generation; Vivienne Harr, a nine-year-old girl who ran a lemonade stand for a year to raise money to end child slavery; and Cheryl Fiandaca of the Boston Police Department.

Market Minute

DOLLAR
95.59 ¢ (-0.40¢)

TSX
13,294.20 (-86.21)

OIL
$94.20 (-60¢)

GOLD
$1,308.50 US (-$9.30)

Natural gas: $3.53 US (+1¢)
Dow Jones: 15,593.98 (-152.90)

Random biz fact of the day

68%

68 per cent of employers will find candidates on Facebook.
BEHIRING/NEXCAREER

GETTY IMAGES FILE

Double-double overseas

Tim Hortons plots world domination

First North America, then the world — at least that's how Tim Hortons Inc. hopes to conquer the coffee market.

Chief executive Marc Caira told investors Thursday that he plans to grow the restaurant's operations outside the company's home base and the United States, starting first with the Middle East and then moving onto other countries. THE CANADIAN PRESS

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 5

metronews.ca/temp

Random biz fact of the day

76%

Looks like it's time to retire DontPlayaHate69@hotmail.com — 76 per cent of CVs are ignored if your email address is unprofessional.

SOURCE: NEXCAREER

Payback

Who gives a Hoot about the interns?

Work in the high-tech sector can be volatile at the best of times. More than 25,000 digital media employees call Vancouver home. It's typical to work on a project, finish it and move on to the next opportunity.

It's feast or famine — especially famine if you're not getting paid.

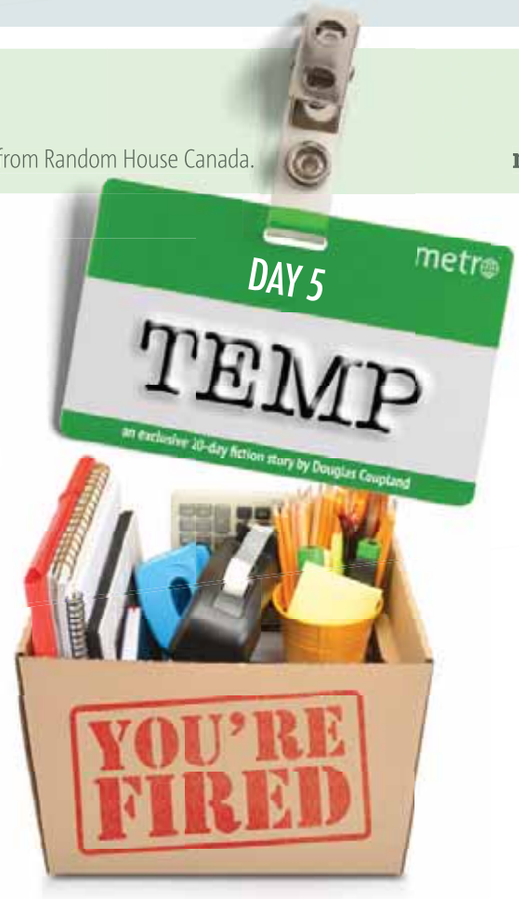
Social media giant HootSuite, valued at over $1 billion, faced intense public scrutiny in April for hiring unpaid interns for positions that legally required financial compensation.

Vancouver-based HootSuite admitted their guilt.

"We will immediately rectify the issue by offering full payment, including interest incurred, to unpaid interns who had roles within our company," CEO Ryan Holmes said in a statement. MATT KIELTYKA/METRO

GETTY IMAGES

Temp is Conflicted Over Co-worker's Firing



Sarah No. 2 got the axe just before lunch: the curse of jeans day. To be practical, a company selling itself to China doesn't need someone to plan its long-term e-commerce solution. Her firing happened quickly, too. One moment she was lecturing about the excessive number of time-expired dairy products in the lunchroom fridge, the next she was standing in the lobby with a cardboard box full of generic desktop crap.

"I suppose you're happy to see me go," she said.

"Not really. I've never had to dumb myself down with you."

She gave me a judge-y looking sigh. "The world's not one big joke, you know, Shannon." She turned around to look at the dumping rain while waiting for her ride — which didn't seem to be coming. Looking out at the parking lot she got philosophical. "You know, I think that in the future we're going to look back on the 40-hour work week with three per cent unemployment as a social failure — everyone was busy, but no one was actually doing anything meaningful. Yes, you were busy all day, but so what?"

The phone rang. "Just a moment, Sarah... "Good morning. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. One moment, I'll connect you." I put down the receiver. "Sorry, you were saying?"

"I was saying that I think a 40-hour work week may well seem as odd and cruel to future citizens as seven-year-olds working in Victorian cotton mills does to us."

I thought about this. "I think you're right. Where's your ride?"

"According to my most recent text, it's stuck in traffic across town."

I quietly phoned Sarah a cab, and when it showed up, I gave her one of my taxi chits: "If it means anything, Sarah, the fridge grosses me out, too. It makes me think of Gwyneth Paltrow in Contagion, especially that scene in the morgue when they slice open her skull."

To be practical, a company selling itself to China doesn't need someone to plan its long-term e-commerce solution.

"Thank you, Shannon. I think that in your own way, you're being quite sweet." She gave me a small smile and hopped in the cab. It made me wonder if I ought to be nicer to the remaining Sarahs.

I looked at my watch... Lunch! Woohoo — freedom! Tattered back issues of InStyle magazine by the coffee maker! Last night's pasta in a Ziploc tub! Guys making lewd jeans day ass comments!

I sent Mr. Xu a quick text about our evening plans, and was leaving the front desk when the fire alarm went off and Rick from receiving ran into the office from the factory floor. "Holy crap, the warehouse is on fire!"

TO BE CONTINUED...

Random fact of the day

Facebook founder Mark Zuckerberg is red-green colour blind.

- This explains why Facebook is blue — it's the best colour Zuckerberg can see.

SOURCE: TIME.COM

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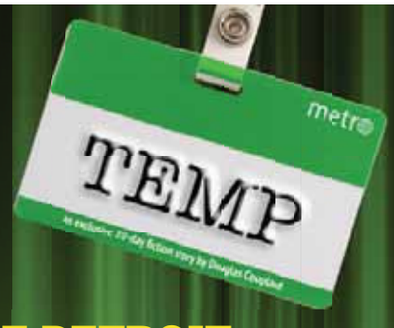

metro

NOTHING LIKE WATCHING ICE CLEAR

THE METRO LIST

Neil Morton
metronews.ca

1 #InADrunkenStupor. In the moment of 2013, Rob Ford admitted, "Yes I have smoked crack cocaine," adding "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors." And then the hashtag #InADrunkenStupor went viral on Twitter. An astonishing day, an astonishing moment in time. A super funny hashtag. A mayor that is cracking under pressure.

2 Lynn Coady. The Edmonton writer took home the 20th annual Giller Prize for her short-story collection, Hellgoing, at a star-studded event in Toronto that had Jian Ghomeshi as host and George Stroumboulopoulos and Paul Haggis among the presenters. To make a long story short, this was only the fourth time in the award's history that a short-story collection won the coveted prize.

3 @MadeInCanada. One of the funniest Canadian Twitter accounts is Cause We're Canadian (@MadeInCanada), which has nearly 85,000 followers. It has tweets like "Stop saying sorry!" "Sorry!" #CanadianProblems" and "We all watch the zamboni, just to make sure he doesn't miss a spot. #CanadianProblems." If this were a coffeetable book, I would ask for it for Christmas.

4 Hockey Night in Canada Song Quest. You have until Nov. 20 to send your hockey-inspired song to CBC's Song Quest competition. If you win, you get to record a studio version of your song with Joel Plaskett and get to watch as it's aired at the start of a Hockey Night in Canada broadcast. The only thing I'm capable of is an extremely bad karaoke version of Bon Jovi's Livin' on a Prayer.

5 Small-town moment in big city. A Berlin street musician was performing the '80s classic Smalltown Boy by Bronski Beat when he was joined in the performance by the song's singer, Jimmy Somerville, who was out walking his dog. Just watch, when I'm singing Livin' On A Prayer some day at a karaoke bar, Bon Jovi will walk in and join me.

6 Five-year-old's Make-A-Wish. Miles, a little boy fighting leukemia, is a HUGE Batman fan. He will get to play his fave superhero Nov. 15 when thousands of volunteers through the Make-A-Wish Foundation help transform San Francisco into Gotham City for the boy. Miles will be Batman for a day, and do things like capturing the Puzzler in the act of robbing a downtown vault. Awesome.

7 YouTube Music Awards. The inaugural awards show had a decidedly raw feeling to it — in keeping with so many YouTube videos. The live webcast was directed by Spike Jonze, and the hosts Jason Schwartzman and Reggie Watts worked without a script and Lady Gaga performed wearing just a black cap, sunglasses and a plaid shirt. Yes, mainstream indie is in.

8 Katy Perry. She showed her tremendous Twitter power this week when she overtook Justin Bieber to take over the No. 1 position of Twitter followers, with nearly 47 million followers. (Lady Gaga is No. 3, Taylor Swift No. 4 and President Obama No. 5.) I am closing in quickly with 890 followers.

9 Dwight Howard. Some wondered whether the star NBA player would ever return to the "Superman" form of his Orlando Magic days. After a dreadful year with the L.A. Lakers last year, his back has healed and his Houston Rockets are expected to make a title run — they are off to a 4-1 start. Yes, the Kryptonite is gone, and redemption is sweet.

10 The story of Twitter. A new book, Hatching Twitter, by New York Times reporter Nick Bilton brings to light the power struggle between the four founders as they built the startup that has now become one of the biggest social networks in the world — and just went public this week. If you don't want to buy it, no worries: I will tweet the entire book out word for word.

11 Miley Cyrus. She launched a redesigned website this week and the only way to describe it is butt ugly. Actually there are more ways to describe it: It's like a nine-year-old designed it. It's like a GeoCities page circa 1995. It's like Hannah Montana on an acid trip decided to be a web designer. Go to MileyCyrus.com and see what I mean.
Or don't.

Follow The Metro List on Twitter @TheMetroList

FOR THE LOVE OF THE MUG

Guess which mug belongs to which Metro temp? Is your mug chipped, stained and wrapped with a slogan such as 'A Griswold Christmas'? Send us a picture of the mug you use to readers@metronews.ca and we'll share it on our TEMP blog: iamtemp.tumblr.com

Photos by David Van Dyke

Vawn (the temp behind TEMP) Himmelsbach. One of the oddest assignments I've had as a temp is, well, posing for a photo along with my coffee mug.

While my mug accurately describes my personality, ironically, I have very little to say about it.

Matt (the desk defender) Kindred. My mug is from my apartment. It was given to me by my wife. I bring it to every temp position because I think it brings me good luck. The handle is large and therefore perfect for my grip, it does not heat up when coffee is poured into it.

Also, I love cartoons so anything with a drawing on it is great.

Mila (the travelling temp) Petkovic. The mug is a favourite of mine because it's bright, happy and silly. It reminds me to be light-hearted and just laugh at life when the going gets tough. What's the point of complaining or getting stressed? Life is just so much more enjoyable when you can find the humour in it. Wow, I've never thought so deeply about a mug before!

Clickbait

LUKE SIMCOE
Metro Online

Twitter's debut on the stock market Thursday may go down in history as the day Wall Street learned social media is about more than Justin Bieber and pictures of your lunch. Let's see what was trending on the site the day it went public.

THE ASSOCIATED PRESS

#Movember:

The annual moustache-growing challenge in support of prostate cancer was a hot topic Thursday, as Twitter users collectively complained about itchy beards and disgruntled girlfriends.

#meshcon:

Twitter's IPO coincided with the annual Mesh Conference in Toronto, an annual gathering of digerati looking for new ways to disrupt old paradigms. There was plenty of live-tweeting.

#throwbackthursday:

Not even Twitter's public offering could stop users from posting old photos of themselves as angsty teenagers.

#votearianagrande:

Canadian tweeps seemed to favour singer Ariana Grande, who's neck and neck with Austin Mahone in one of MTV's never-ending series of social media contests.

Twitter

@metropicks asked: A Liberal fundraiser for women called Justin Unplugged features chats on virtues and heroes. What should @JustinTrudeau discuss? #askjustin

@ejshillington: Justin, how I deal with cellulite AND an economic downturn AT THE SAME TIME?

@mirabw: Will women be allowed to vote with a pink pen in the next election?

@TerrenceCWatson: When @JustinTrudeau asks you what your favorite virtue is, the only answer he'll accept is "Your hair." #askjustin

@DrDawg: Can my Justin T-shirt be accessorized? #askjustinladyquestions

@J_Moneypenny: Hey @JustinTrudeau, can you be a lady AND the big spoon?? #askjustinladyquestions

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metro

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Synopsis

Each year on Nov. 11 we remember and celebrate "the men and women who have served, and continue to serve our country during times of war, conflict and peace." Remembrance Day is a time to pay respect to the sacrifices brave soldiers have made for our country. In observation The Reel Guys have compiled a list of movies to serve as a backdrop on this solemn day.

Paul Gross, left, and Caroline Dhavernas in a scene from Passchendaele, which is one of the most well-known movies featuring Canucks in battle. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

List of Remembrance Day gems, lest we forget

Enter the shoes of a soldier. The best movies to commemorate those lost in the horror of war from Saving Private Ryan to Passchendaele

Richard: Mark, the first war-themed film to really make an impression on me was The Best Years Of Our Lives. When I was a kid I watched it on television every November and although it's almost 70 years old the story of servicemen struggling to rebuild their lives after the Second World War is still timely and relevant. Perhaps it feels so authentic because the crew were all Second World War veterans and the main character, who faces discrimination after losing both hands in combat, was played by real-life disabled vet Harold Russell.

Mark: Don't know the movie, Richard. I grew up in a family of cowards and war movies were forbidden. And I don't know who said it — probably not Snooki — that "all great war movies are anti-war movies." That being said, I like the P.O.W. genre, with incarcerated soldiers plotting to get out. The Bridge On the River Kwai is one of the greatest, with a fine performance by Alec Guiness, but let's also include The Great Escape with Steve McQueen, and a left-field choice, Merry Christmas, Mr. Lawrence starring David Bowie. Waaaay left-field, Richard, if you get my drift.

RC: War films come in all shapes and sizes. If P.O.W. movies are your thing check out The Hill, a little known British film that features one of Sean Connery's best performances. Set during the Second World War in North Africa, it's the story of a stockade run by Brits to punish deserters. Connery wedged it in between Goldfinger and Thunderball and it is a stark contrast to the work he was doing in the Bond films at the time. As for your second thought, which I suspect should be attributed to Steven Spielberg and not Snooki, two films pop to mind. Saving Private Ryan and the First World War drama All Quiet on the Western Front. Both are masterfully made films that show the brutal reality of war from the point of view of the soldiers.

MB: I've seen The Hill. It's great. But the best anti-war movie might be Johnny Got His Gun, a minimalist squirmer told from the point of view of a blind, mute quadruple amputee. Fun times! And as far as soldiers on the ground, I would nominate Black Hawk Down, or Platoon, both of which put you right in the centre of a battle you may not be winning.

RC: We can't talk about war films so close to Remembrance Day without paying tribute to Canadian soldiers on screen. Paul Gross's Passchendaele is probably our best-known homegrown look at Canadians in battle but Hollywood has never shied away from depicting fighting Canadians. Canuck heroes are portrayed in the Devil's Brigade, The Battle of Britain and Attack on the Iron Coast among many others.

MB: Yes, Canadians excel in battle. Canadians also excel at harbouring war resisters, but I've yet to see THAT movie.

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White-washed Hollywood

Racial issues. African-American actors and filmmakers have had a landmark year, but they remain under-represented on the big screen

There's plenty of speculation 12 Years a Slave will win best picture at the Oscars this year. CONTRIBUTED

Oprah Winfrey has heard this story before.

A wave of high-profile films about black people receives accolades. A heart-warming trend of greater on-screen equality is declared. Hollywood basks in its multiculturalism — and then returns to business as usual.

From the slavery odyssey 12 Years a Slave to the day-in-a-life drama Fruitvale Station, this fall has been a banner season for films of racial struggle told without white protagonists and largely by black directors. As one of the stars of the Civil Rights history Lee Daniels' The Butler, Winfrey is a proud player in a rare moment for African-Americans at the movies. But she and many others have tired of celebrating occasional aberrations of what should be Hollywood's regular output.

"We've been through this before," says Winfrey. "I don't want it to be, 'Oh, gee, we had the 10 films and now it's another five years before you see another one.'"

2013 is a historical high-point for black-themed films, a culmination of Obama-era cinema. But the filmmakers and actors who made this confluence happen are resolutely against being resigned to a mere trend story, soon to be followed by another lull in diversity.

Spike Lee, whose near-annual turnout has been a steady line through the undulations of the industry, disdains black filmmakers being treated like "flavours of the year."

"Every 10 years, we have the same conversation: 'Oh, there's lots of black films being made,'" says Lee, who will release his revenge remake Oldboy later this month. "Then it drops off. It's not consistent."

THE ASSOCIATED PRESS

Action/Adventure

Thor: The Dark World

Director. Alan Taylor

Stars. Chris Hemsworth, Natalie Portman

It's hammer time as Marvel superhunk Thor (Chris Hemsworth) battles the vengeful Dark Elves for possession of an ancient WMD with the power to destroy his home planet Asgard, Earth and all realms between. Also at stake are the lives of father Odin (Anthony Hopkins), astrophysicist sweetheart Jane Foster (Natalie Portman) and trickster brother Loki (Tom Hiddleston). Although convoluted, the movie nimbly juggles the story and the action.

RICHARD CROUSE

Documentary

Griot

Director. Volker Goetze

This vibrant documentary explores the legacy of the West African griot, a kind of musical historian and storyteller, through celebrated Senegalese musician Ablaye Cissoko, who presents local histories through song and verse. The directorial debut from German trumpet player Volker Goetze, who is currently touring Canada with a concert series alongside Cissoko, strikes a balance between rich imagery and scholarly examination of a griot's significance. Though Griot occasionally gets lost in music at the expense of a more compelling narrative about its protagonist, it does well in uncovering a fascinating musical tradition.

MANORI RAVINDRAN

Tech

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A story of lovers in a dangerous time

How I Live Now. Actor George MacKay talks about the high stakes of love and war

NED EHRBAR
Metro World News in Hollywood

Young British actor George MacKay isn't taking anything for granted in his career, with a number of films due out and more on the way. Chief among them is How I Live Now, Kevin Macdonald's adaptation about young lovers (MacKay and Saoirse Ronan) struggling to survive in a war-torn modern-day England.

This film is something of a surprise with its mix of elements and styles.
I think that's down to Kevin, really. The source material, too. Meg Rosoff, who wrote the novel, is very no-nonsense. It's funny meeting her because she writes such a moving book but at the same time she's very matter-of-fact and no bulls—. And that was carried on to the script and Kevin's filmmaking. It's very honest. And love is a serious matter. It's something that can be romanticized and heightened as it is, but stakes are high in a very serious way when we're in love, and it means the world to you, it is your world. So I think it's perfectly legitimate to look at it very seriously and have the stakes that high.

And you've got some intense geopolitical elements thrown in as well.
Yeah, this sort of faceless enemy that is sort of everyone today. Because the characters in the story are so blissfully unaware and in their own bubble, it's only when they're physically torn apart that it becomes a real, real reality. So we didn't feel the need to be specific about who's actually invading. I don't think they went home and watched the news at the end of the day and kept tabs on everything. I think they were just completely involved with each other.

How I Live Now opens next Friday. CONTRIBUTED

Even before her character meets yours, Saoirse is pretty oblivious to world events.
It's that thing today. It's bad that it happens so often that you get numb to it. I think that's more of a comment on people now, just people in general, like all the terrible stuff that's going on in Syria. It's daily that things are happening, and you see it, but until that is your own mother blown to bits or something, you kind of get numb to it, which is terrible in a way.

Besides this, you have several other films coming out soon. How are you enjoying this part of your career?
It's lovely. I just love working. I think it's a novelty you can never take for granted because you never know when your next job is coming in, so you can only concentrate on what you're doing at the time and make the best of it and put everything you can into it. Until you're a kind of A-lister or something, I don't think you can really plot your next move. You just have to take the opportunity when it comes if it's right and work your ass off to get it.

So what is that next opportunity for you?
The next work that I'll be doing is a film called Pride, which is a lovely true story from 1984. There was this gay rights activist who then teamed up with the miners and started collecting for the miners and became a massive source of money, and in turn the miners came to support gay rights and a bunch of movements got passed.

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D VOLKSFEST
SALES EVENT

THESE PAGES COVER MOVIE START TIMES FROM FRI.,NOV. 8 TO THURS., NOV. 14 TIMES ARE SUBJECT TO CHANGE.

Canyon Meadows
Bay 110 13226 Macleod Trail

2 Guns (14A) Fri-Thu 1:10-4:15-6:55-9:45
Despicable Me 2 (G) Fri-Thu 1:30-4:20-7:20-9:40
Don Jon (18A) Fri-Thu 1:35-4:05-7:30-9:50
Elysium (14A) Fri-Thu 9:55
The Family (14A) Fri-Thu 9:55
Insidious: Chapter 2 (14A) Fri-Thu 10
Percy Jackson: Sea of Monsters (PG) Fri-Thu 1:15-3:45-7:10
Planes (G) Fri-Thu 1:25-4:10-7
Prisoners (14A) Fri-Thu 12:40-3:40-8
Riddick (18A) Fri-Thu 9:35
Runner Runner (14A) Fri-Thu 12:55-3:55-6:50-9:40
The Smurfs 2 (G) Fri-Thu 1-3:40-6:45
Turbo (G) Fri-Thu 1:20-4-7:15
We're the Millers (14A) Fri-Thu 12:45-3:50-7:05-10

Crowfoot Crossing
91 Crowfoot Terrace

12 Years a Slave (14A) Fri 12:50-3:50-6:55-10:20 Sat-Sun 12:30-3:45-6:55-10:20 Mon-Tue 1-3:55-6:55-9:55 Wed 3:55-6:55-9:55 Thu 1-3:55-6:55-9:55
Star & Strollers Screening Wed 1
About Time (14A) Fri 1:15-4:10-7-9:50 Sat 11:45-4:05-7-9:50 Sun 1:15-4:05-7-9:50 Mon-Thu 1:10-4-6:50-9:50
Black Beauty (STC) Sat 11
Captain Phillips (PG) Fri-Sun 1-4-7:05-10:05 Mon-Thu 1:05-4:05-7:05-10:05
Cloudy With a Chance of Meatballs 2 (G) Fri 1:45-5-7:40 Sat 2:35-5-7:40 Sun 5-7:40 Mon-Wed 1:45-5-7:20 Thu 1:45-4:10
Ender's Game (PG) Fri 1:35-4:25-7:20-10 Sat 11-1:35-4:25-7:20-10 Sun 1:35-4:25-7:20-10 Mon-Thu 1:35-4:25-7:15-10
Escape Plan (14A) Fri-Sun 10:10 Mon-Wed 9:40 Thu 10:15
Free Birds (G) Fri 2:25 Sat-Sun 1:10 Mon-Thu 2:25
Free Birds 3D (G) Fri 5:40-8-10:15 Sat-Sun 3:25-5:40-8-10:15 Mon-Thu 5:40-7:55-10:10
Gravity 3D (PG) Fri 2:15-5:10-7:30-9:45 Sat-Sun 12:40-2:55-5:10-7:30-9:45 Mon-Thu 2:15-5:10-7:25-9:40
Jackass Presents: Bad Grandpa (14A) Fri 2:35-5:30-8:10-10:25 Sat-Sun 12:55-3:15-5:30-8:10-10:25 Mon-Thu 2:35-5:30-8:05-10:20
Last Vegas (PG) Fri 1:55-5:20-7:55-10:30 Sat-Sun 12:15-2:50-5:20-7:55-10:30 Mon-Tue 2:05-5:15-7:45-10:15 Wed 5:15-7:45-10:15 Thu 2:05-5:15-7:45-10:15 Star & Strollers Screening Wed 1
The Metropolitan Opera: Tosca (STC) Sat 10:55
Out of Africa (STC) Sun 12:45
Pipes & Sticks on Route 66 (STC) Thu 6:30
Thor: The Dark World (PG) No Passes Fri 12:45-3:40 No Passes Sat-Sun 12:45-3:35 No Passes Mon-Thu 3:45
Thor: The Dark World 3D (PG) No Passes Fri-Sun 1:25-4:15-6:25-7:10-9:15-9:55 No Passes Mon-Wed 1:20-4:15-6:30-7-9:15-9:45 No Passes Thu 4:15-6:30-7-9:15-9:45 No Passes Fri 2:05-4:55-7:45-10:35 No Passes Sat 11:15-2:05-4:55-7:45-10:35 No Passes Sun 2:05-4:55-7:45-10:35 No Passes Mon-Wed 1:55-4:45-7:35-10:20 No Passes Thu 1:20-1:55-4:45-7:35-10:20

Eau Claire Market
200 Barlay Parade

About Time (14A) Fri 6:50-9:40 Sat-Sun 12:50-3:40-6:50-9:40 Mon 3:40-6:50-9:40 Tue-Thu 5:50-8:40
All Is Lost (PG) Fri 6:40-9:10 Sat-Sun 12:40-3:20-6:40-9:10 Mon 3:20-6:40-9:10 Tue-Wed 5:40-8:10 Thu 9:30
Captain Phillips (PG) Fri 6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon 3:30-6:30-9:30 Tue-Thu 5:30-8:30
Gravity 3D (PG) Fri 7-9:20 Sat-Sun 1:30-4:10-7-9:20 Mon 4:10-7-9:20 Tue-Thu 6:10-8:20
Last Vegas (PG) Fri 6:20-9 Sat-Sun 1:20-3:50-6:20-9 Mon 3:50-6:20-9 Tue-Thu 6:20-8:50
Thor: The Dark World 3D (PG) No Passes Fri 7:10-9:50 No Passes Sat-Sun 1-4-7:10-9:50 No Passes Mon 4-7:10-9:50 No Passes Tue-Thu 6-9

Empire Studio 16
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12 Years a Slave (14A) SR Dolby Digital, Stadium Seating Fri-Mon 12:05-3:20-6:40-9:55 SR Dolby Digital, Stadium Seating Tue-Thu 3:20-6:40-9:55
About Time (14A) No Passes, Stadium Seating, SR Dolby Digital Fri-Mon 12:50-4:10-7:15-10:15 No Passes, Stadium Seating, SR Dolby Digital Tue-Thu 4:10-7:15-10:15
Captain Phillips (PG) SR Dolby Digital, Stadium Seating Fri-Mon 12:10-3:35-6:45-9:55 SR Dolby Digital, Stadium Seating Tue-Thu 3:25-6:45-9:55
Cloudy With a Chance of Meatballs 2 (G) SR Dolby Digital, Stadium Seating Fri-Mon 12:20-3:40-7:10 SR Dolby Digital, Stadium Seating Tue-Thu 3:40-7:10
The Counselor (14A) SR Dolby Digital, Stadium Seating Fri-Mon 1:10-4:05-7:10-10:10 SR Dolby Digital, Stadium Seating Tue-Thu 4:05-7:10-10:10
Ender's Game (PG) SR Dolby Digital, Stadium Seating Fri-Thu 3:45-6:50-9:50
Ender's Game: The IMAX Experience (PG) SR Dolby Digital, Stadium Seating Fri-Mon 12:10-6:10 SR Dolby Digital, Stadium Seating Tue-Thu 6:10
Escape Plan (14A) SR Dolby Digital, Stadium Seating Fri-Thu 10:10
Free Birds (G) SR Dolby Digital, Stadium Seating Fri-Mon 1-7 SR Dolby Digital, Stadium Seating Tue-Thu 7
Free Birds 3D (G) SR Dolby Digital, Stadium Seating Fri-Thu 4-10
Gravity (PG) SR Dolby Digital, Stadium Seating Fri-Mon 1-7 SR Dolby Digital, Stadium Seating Tue-Thu 7
Gravity 3D (PG) SR Dolby Digital, Stadium Seating Fri-Thu 4-10
Jackass Presents: Bad Grandpa (14A) SR Dolby Digital, Stadium Seating Fri-Mon 12-12:40-3-3:40-6-6:15-9-9:30 SR Dolby Digital, Stadium Seating Tue-Thu 3-3:40-6-6:15-9-9:30
Krrish 3 (PG) SR Dolby Digital, Stadium Seating Fri-Mon 12:40-6:05-9:35 SR Dolby Digital, Stadium Seating Tue-Thu 6:05-9:35
Last Vegas (PG) SR Dolby Digital, Stadium Seating Fri-Mon 12:25-3:10-6-9:10 SR Dolby Digital, Stadium Seating Tue-Thu 3:10-6-9:10
Thor: The Dark World (PG) No Passes, SR Dolby Digital, Stadium Seating Fri-Mon 12:35-3:45-6:50-9:50 No Passes, SR Dolby Digital, Stadium Seating Tue-Thu 3:45-6:50-9:50
Thor: The Dark World — An IMAX 3D Experience (PG) Stadium Seating, SR Dolby Digital, No Passes Fri-Thu 3:10-9:15
Thor: The Dark World 3D (PG) SR Dolby Digital, Stadium Seating, No Passes Fri-Mon 12:25-1:05-3:30-4:15-6:35-7:15-9:40-10:15 SR Dolby Digital, Stadium Seating, No Passes Tue-Thu 3:30-6:35-9:40

Empire Studio 10
MacLeod Trail
100-16061 MacLeod Trail

12 Years a Slave (14A) Digital Presentation, Stadium Seating Fri-Thu 12:10-3:20-6:40-9:45
Captain Phillips (PG) Digital Presentation, Stadium Seating Fri-Thu 12:20-3:45-7:10-10:15
Ender's Game (PG) Digital Presentation, Stadium Seating Fri-Thu 1:15-4:10-7:20-10:10
Free Birds (G) Digital Presentation, Stadium Seating Fri-Thu 1:30-6:50
Free Birds 3D (G) Digital Presentation, Stadium Seating Fri-Thu 4:30-9:20
Gravity (PG) Digital Presentation, Stadium Seating Fri-Thu 12:45-3:10-6:20-9:10
Jackass Presents: Bad Grandpa (14A) Digital Presentation, Stadium Seating Fri-Thu 2-4:45-7:50-10:25
Last Vegas (PG) Digital Presentation, Stadium Seating Fri-Thu 1:45-4:20-7:40-10:20
Thor: The Dark World (PG) Digital Presentation, Stadium Seating Fri-Thu 12:30-4:30-7-9:20
Thor: The Dark World 3D (PG) Digital Presentation, Stadium Seating Fri-Thu 12-3:30-6:30-10 Digital Presentation, Stadium Seating Fri-Thu 1-4-7:30-10:30

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6455 MacLeod Trail

12 Years a Slave (14A) Fri 12:45-4-7:15-10:20 Sat 1:15-4:15-7:15-10:20 Sun-Mon 12:45-4-7:15-10:20 Tue-Thu 12:35-3:45-6:55-10:10
Black Beauty (STC) Sat 11
Captain Phillips (PG) Fri-Sun 12:20-3:40-6:50-10:15 Mon 12:20-3:40-6:15-10:15 Tue-Thu 12:30-3:40-6:50-9:55
Carrie (14A) Fri-Sun 12:40-3:05-5:30-8-10:45 Mon 12:40-3:05-10 Tue 12:45-3:30-7:25-10:45 Wed 12:45-3:30-10:45 Thu 12:45-3:30-7:25-10:45
Cloudy With a Chance of Meatballs 2 (G) Fri-Mon 11:40 Tue-Thu 1:15
Cloudy With a Chance of Meatballs 2 3D (G) Fri-Mon 2:30-4:50-7:15-9:45 Tue-Thu 4-6:45-9:25
The Counselor (14A) Fri 1:15-4:20-7:10-10:05 Sat-Sun 4:20-7:10-10:05 Mon 1:15-4:20-7:10-10:05 Tue 1:10-4:15-7:15-10:05 Wed 12:45-3:30-10:15 Thu 12:45-3:30-10:10
Ender's Game (PG) Fri-Sat 2-4:45-7:30-10:10 Sun 1-4:45-7:30-10:10 Mon 11:30-2:10-4:45-7:30-10:15 Tue-Thu 1:45-4:45-7:30-10:10
Ender's Game: The IMAX Experience (PG) Fri-Thu 12:30-7
Escape Plan (14A) Fri-Mon 1:25-4:15-7:20-10:10 Tue-Thu 1:25-4:15-7:20-10:15
Free Birds (G) Fri-Mon 12:10-2:25-4:55 Tue-Wed 2-4:30 Thu 4:30 Star & Strollers Screening Thu 1
Free Birds 3D (G) Fri-Mon 1-3:15-5:40-7:50-10 Tue-Thu 1-4-7:05-9:20
Gravity (PG) Fri-Thu 7:05-9:40
Gravity 3D (PG) Fri-Mon 12:50-3:10-5:30-7:50-10:05 Tue-Thu 2-4:55-7:50-10:05
Jackass Presents: Bad Grandpa (14A) Fri-Sun 1-3:20-5:40-8-10:35 Mon 1-3:20-5:40-8-10:30 Tue-Thu 1:35-4:20-7:35-9:55

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Last Vegas (PG) Fri-Sun 12:15-2:50-5:25-8:05-10:45 Mon 12:15-2:50-5:25-7:55-10:30 Tue-Thu 1:05-3:35-6:55-10:20
The Metropolitan Opera: Tosca (STC) Sat 10:55
Out of Africa (STC) Sun 12:45
Royal Shakespeare Company: Richard II (STC) Wed 7
Space Battleship Yamato (STC) Mon 7
Thor: The Dark World (PG) No Passes Fri-Wed 12:30-3:20-6:40-9:30 No Passes Thu 3:50-6:40-9:30 Star & Strollers Screening, No Passes Thu 1
Thor: The Dark World — An IMAX 3D Experience (PG) No Passes Fri-Thu 3:50-9:45
Thor: The Dark World 3D (PG) No Passes Fri-Sun 1:30-4:20-7:10-10 No Passes Mon 11:30-2:15-5-7:45-10:30 No Passes Tue-Thu 1:30-4:20-7:10-10 No Passes Fri-Sun 11:45-2:30-5:20-8:10-11 No Passes Mon-Thu 2-4:50-7:40-10:30 No Passes Fri-Sun 11:15-2-4:50-7:40-10:30 No Passes Mon-Thu 1:20-4:10-7-9:50

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Watermark (PG) Fri 7 Sat-Sun 3-5-7 Mon-Tue 7-9 Wed-Thu 9:15

Sunridge Spectrum
2555 32nd Street

Black Beauty (STC) Sat 11
Captain Phillips (PG) Fri-Mon 12:35-3:50-7:20-10:35 Tue-Thu 12:55-4-7:15-10:20
Carrie (14A) Fri-Thu 9:50
Cloudy With a Chance of Meatballs 2 (G) Fri 12:30-3:10-6:55 Sat 1-3:30-6:55 Sun-Mon 12:30-3:10-6:55 Tue-Thu 1:10-3:35-6:30
Ender's Game (PG) Fri-Mon 12:40-3:40-7-9:55 Tue 1:15-4:15-7:05-9:55 Wed 4:15-7:05-9:55 Thu 1:15-4:15-7:05-9:55 Star & Strollers Screening Wed 1

About Time. CONTRIBUTED

Escape Plan (14A) Fri-Mon 7:55-10:45 Tue-Thu 7:20-10:05
Free Birds (G) Fri 12-2:45-5:30 Sat 10:55-12-2:45-5:30 Sun-Mon 12-2:45-5:30 Tue-Thu 12:40-3:05
Free Birds 3D (G) Fri-Mon 12:55-3:55-7:25-10:15 Tue-Thu 1:40-4:05-6:55-10:15
Gravity 3D (PG) Fri 1:10-3:45-7:15-9:40 Sat 10:55-1:10-3:45-7:15-9:40 Sun-Mon 1:10-3:45-7:15-9:40 Tue-Thu 1:05-3:30-7:25-9:45
Jackass Presents: Bad Grandpa (14A) Fri-Mon 1-3:25-5:55-8:15-10:50 Tue-Thu 1:25-3:45-7-9:35
Krrish 3 (PG) Fri-Mon 12:50-4:10-7:45 Tue-Thu 12:50-4:10-7:35
Last Vegas (PG) Fri-Mon 12:25-3:05-5:45-8:20-10:55 Tue-Thu 12:35-3:25-7:30-10:25
She's the One (PG) Fri-Mon 1:05-4:05-7:30-10:20 Tue-Thu 12:45-3:55-7:30-10:10
Thor: The Dark World (PG) No Passes Fri-Mon 12:15-3-6:40-9:30 No Passes Tue 1:30-4:20-7:10-10 No Passes Wed 4:20-7:10-10 No Passes Thu 1:30-4:20-7:10-10 Star & Strollers Screening, No Passes Wed 1
Thor: The Dark World 3D (PG) No Passes Fri-Mon 12:45-3:30-7:10-10 No Passes Tue-Thu 12:30-3:20-6:10-9 No Passes Fri-Sun 1:15-4-7:40-10:30 No Passes Mon 1:15-4-8:10-11 No Passes Tue-Thu 1-3:50-6:40-9:30 No Passes Fri-Sun 11:45-2:30-5:20-8:10-11 No Passes Mon-Thu 2-4:50-7:40-10:30

Westhills 10
165 Stewart Green

About Time (14A) Fri-Mon 12:35-4-7:15-10:10 Tue-Thu 5:45-8:40
Captain Phillips (PG) Fri 12:25-3:30-6:40-9:50 Sat 3:30-6:40-9:50 Sun-Mon 12:25-3:30-6:40-9:50 Tue-Thu 5:35-8:45
Ender's Game (PG) Fri-Mon 12:50-3:40-7-9:55 Tue-Thu 5:40-8:30
Free Birds (G) Fri-Mon 12:35 Tue-Thu 5:50
Free Birds 3D (G) Fri-Mon 2:50-5:05-7:25-9:45 Tue-Thu 8:05
Gravity 3D (PG) Fri-Mon 12:45-3:25-7:20-10:05 Tue-Thu 5:55-8:15
Jackass Presents: Bad Grandpa (14A) Fri-Mon 1:05-3:35-7:30-10:15 Tue 5:40-9:05 Wed 5:40 Thu 5:40-9:05
Last Vegas (PG) Fri-Mon 1:15-3:50-6:50-9:35 Tue-Thu 6:05-9
The Metropolitan Opera: Tosca (STC) Sat 10:55
Royal Shakespeare Company: Richard II (STC) Wed 8
Thor: The Dark World (PG) No Passes Fri-Mon 1-4:10 No Passes Tue-Thu 6
Thor: The Dark World 3D (PG) No Passes Fri-Mon 12:30-1:30-3:20-4:20-6:30-7:10-7:40-9:30-10-10:30 No Passes Tue-Thu 5:30-6:15-8:30-8:50-9:05

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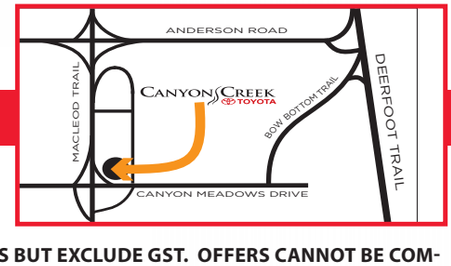

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As we've learned from reading the gossip pages of InTouch and Us Weekly, celebrity romances tend to be quickies. Restraint is less of a virtue — it's more about being a fast fit. When it comes to fast fits in the world of TV, Katee Sackhoff of Battlestar Galactica fame sharing a bathtub with Wolowitz on Big Bang Theory or James Woods parodying himself on Family Guy were pure cameo kismet. Here, we match stars to TV shows they ought to temp on.

MIKE DOJC/FOR METRO

4 Shows stars should temp on

Bruce Jenner (The Real Housewives Circuit)

The newly single Kardashian papa bear may have won a gold medal in the decathlon and briefly replaced Erik Estrada on CHiPs for a spell, but unless he has another 15 minutes, he'll best be known for being Kris' lapdog for 22 years and having copious amounts of plastic surgery. Cavorting with Bravo's social schemers would give the tabloid pages something else to talk about.

Jason Segel (Michael J. Fox Show)

With How I Met Your Mother winding down at long last, and no big screen roles on the horizon until the summer of 2014, this big lug needs to break out of the Marshall mould and stay relevant. Segel could get a lot of mileage playing against type as a suave network bigwig attempting to woo Mike away from WNBC. To complicate matters he could also happen to be one of Annie's ex-lovers.

Amy Schumer (The Mindy Project)

This rising comedienne parlayed coming in fourth place on season five of Last Comic Standing to roasting Roseanne Barr and Charlie Sheen and eventually landing her own show. While Inside Amy Schumer has been picked up for a second season, to get to the next rung on the funny business pyramid Amy's going to have to broaden her fan base. A turn as a neurotic gal pal from Mindy's past could be another step on the steep climb to the A-list.

Rob Schneider (Workaholics)

Deuce Bigalow would totally gel with slack-off sultans Blake, Adam and Ders chugging a rooftop cold one or getting roped along on one of their harebrained misadventures. Robert Englund and Tom Green turned up on season three, so there's precedent for Schneider-aged cameos. He could play Ders' old swim swami who convinces the lanky stoner that he still has a shot at the Olympics if he joins a men's synchronized swimming squad.

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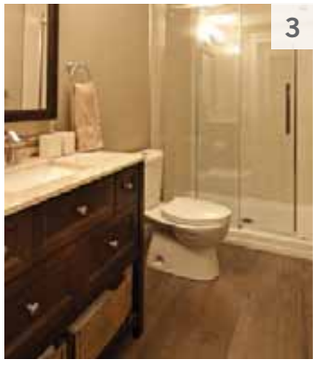

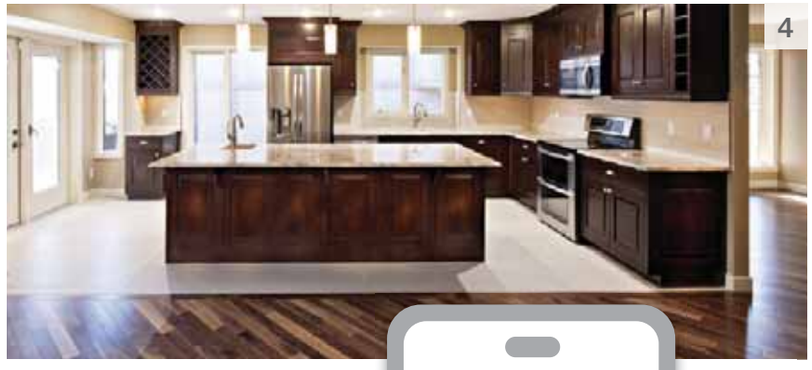

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‘I haven’t got the guts to ask Adele for a duet’

New music. Celine Dion talks about who she admires in the industry, who she doesn’t think much of and her latest musical effort

RICHARD PECKETT
Metro World News

Celine Dion is alive and well — and she’s not going anywhere. GETTY IMAGES

Up until recently, the Twittersphere would have you believe that Celine Dion is dead. She isn’t. Rather ironically, the 45-year-old’s album is titled Loved Me Back to Life (out now). Dion, whose career has spanned 30 years, is moving on lyrically and melodically. Here, in a roundtable interview in London’s The Dorchester hotel, Dion chats about her love for Adele, album cover nudity and her latest record.

It’s your first English language record in six years. Why did now seem the right time to put an album out?
I haven’t stopped, to be honest with you. I started a new show in Las Vegas almost three years ago, then I did a French album and also had two babies. Do the math: time goes fast too.

Were you trying to reinvent yourself with this album?
You can’t reinvent yourself every five years. For 30 years I have been using the same recipe. This time round, we’re trying to freshen up and modernize — it’s a second wind. I’m not trying to reinvent myself but at the same time I’m not going to go on with singing My Heart Will Go On, Because You Loved Me and The Power of Love.

There are elements of Adele in this album. Is she an influence?
She has an influence on my life. Period. I love her. I’m taking hot tea everyday and I’m hoping she’s going to pop up and have tea with me.

Will you collaborate with her?
I haven’t got the guts to ask for a duet. I just would love to meet with her. If I see her, I would be star-struck and tell her that I’m her number one fan. Every soundtrack that I do, I find ways to sing her songs through my warm-up but I wouldn’t be so tacky as to ask her to sing with me.

Cher mentioned recently on a talk show that the crowds in Vegas during her residency were “very, very old, often sedated and didn’t seem into the music.” Now that your residency is almost over, can you say how you honestly felt about it?
She is very, very old, so the crowd is going to be old. (Gets up and walks away in mock shock). I’ve seen Cher perform and she is amazing. Hmm, the theatre itself is formal when you come in. It’s not like you can rouse the crowd with Do You Believe In Life After Love; it’s all gentle claps and hums. You really have to understand that it brings that mood.

What’s your experience?
Musically it gives me the possibility to enjoy my music. I can sing 70 shows a year, whereas I was doing 200 or at best 160 per year and I couldn’t breathe (pants like a dog) and then I go home every night. As an artist it gives me an opportunity to do my work and be happy about it.

Miley Cyrus, Britney Spears and Sky Ferreira have all stripped for recent album covers and editorials. Were you ever tempted?
(Laughs) I’m too gorgeous for doing that. No, I’m glad I didn’t have to do that and I didn’t feel the need.

Selling souls

What do you think of Miley Cyrus, Britney Spears and Sky Ferreira’s decision to go with a more wild approach?

- **Quote.** “I respect them; they can do whatever they want. It’s what we decide to watch and we have to decide whether it’s okay for us (the consumer). Some people feel the need to go very far to feel something — to sell their souls pretty much. I wish them luck and longevity in their career but what’s going to be coming after that?”

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Arcade Fire. Success being Reflektor'd with their album sales

Montreal's Arcade Fire has another hit in Reflektor, mirroring the success of their breakthrough third album.

The sprawling double-album — the band's fourth — has debuted atop the chart in both Canada and the U.S., according to numbers from Nielsen SoundScan.

In Canada, the ambitious 75-minute song cycle sold 49,344 albums to claim the No. 1 spot, while the album sold 140,000 copies in the U.S.

That's slightly shy of the 156,000 units the band's third album The Suburbs moved Stateside when it topped charts upon its 2010 release, according to Billboard.

That record went on to gold certification in the U.S. while going double-platinum in Canada and securing Grammy and Juno awards for album of the year.

Still, Reflektor usurped Katy Perry's Prism as the top album in both countries.

Arcade Fire's reign could be short-lived.

By the numbers

140,000

In Canada, Arcade Fire's 75-minute effort sold 49,344 albums. It claimed the No. 1 spot. The album sold 140,000 copies in the U.S.

Eminem's The Marshall Mathers LP 2 hits stores this week and is expected to claim the top chart spot.

THE CANADIAN PRESS

Holding your attention

SOUND CHECK
Alan Cross
scene@metronews.ca

David Bowie, Rob Zombie and Puddles the Sad-Faced Clown demand that you watch them carefully

Love Is Lost/ David Bowie

Bowie created this video to make up for his non-appearance at the Mercury Music Prize ceremony. Using materials and gear lying around his New York City office, the cost of making this video was $12.99 (for a USB drive to deliver the video).

We're An American Band/Rob Zombie

A performance video in which Mr. Zombie channels Grand Funk Railroad from 1973. More cowbell, please.

Royals/ Puddles the Sad-Faced Clown

Puddles really is a clown. He's also seven feet tall. There's a flood of Royals tributes/parodies showing up on YouTube these days.

Video game review

Bat-bland

Batman: Arkham Origins

System. PS3, Xbox 360, PC, Wii U

Rated. Teen

The third in the Arkham series is an all-too-familiar mix of street brawls, bat gadgets and Enigma puzzles, inside familiar prison, museum, and sewer settings, against many of the same villains. New voice-over actors, a start-over Batman story and an abundance of add-ons somehow fail to keep things fresh. The absence of writer Paul Dini, who gave the first two Arkhams their wildly entertaining insanity, is sorely felt. KRIS ABEL/METRO

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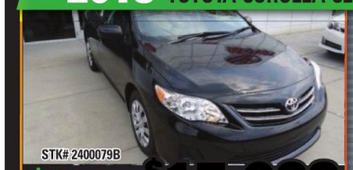

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The Biebs leaves Brazil with 'a little souvenir'

Justin Bieber's new penchant for graffiti may have gotten him into trouble with police in Brazil, as an investigation has been launched looking into Bieber's recent tagging on a wall of the former Hotel Nacional in Rio, according to TMZ.

Bieber's team reportedly received permission from Rio's city hall to spray-paint a different wall but opted for the Hotel Nacional because they felt the first choice was in a neighbourhood that was too dangerous. "He believed it to be a degraded area and decided to do it," a police spokesman says. "Now he is leaving Brazil with a little souvenir." The goal of the investigation is to determine if Bieber's actions constitute vandalism, a misdemeanor. Bieber is described in the reports as "young, blond, famous and a rebel."

Justin Bieber. ALL PHOTOS GETTY IMAGES

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The Word

Hell hath no fury like a Gwyneth scorned

MELINDA TAUB
Metro World News in New York City

Gwyneth Paltrow is taking a stand. She wants all those concerned about freedom and justice to join with her in protesting Vanity Fair's cruelty to Gwyneth Paltrow.

Rumour has it that she is frantic over an upcoming Vanity Fair profile of her that contains some less-than-flattering revelations. She's already tried to get her famous friends to stop talking to the publication; now she wants them to refuse to party with VF too.

"Gwyneth feels her relationship with the magazine has been destroyed and she's urging pals not just to avoid doing business with the magazine, but to skip the mag's Oscar party as well," a source told Radar.

Vanity Fair's Oscar party is one of the swankiest, most prestigious parties in Hollywood. Even I, a humble blogger currently wearing teddy bear pajamas, know that.

So I'd say Gwyneth is about to find out who her friends really are. Will Beyoncé think it's worth missing the biggest bash of the year to keep the 10 per cent discount on her GOOP subscription? One thing's for sure: I can't wait for this Vanity Fair profile. There must be something really good in there. Maybe she's secretly Saddam Hussein or something.

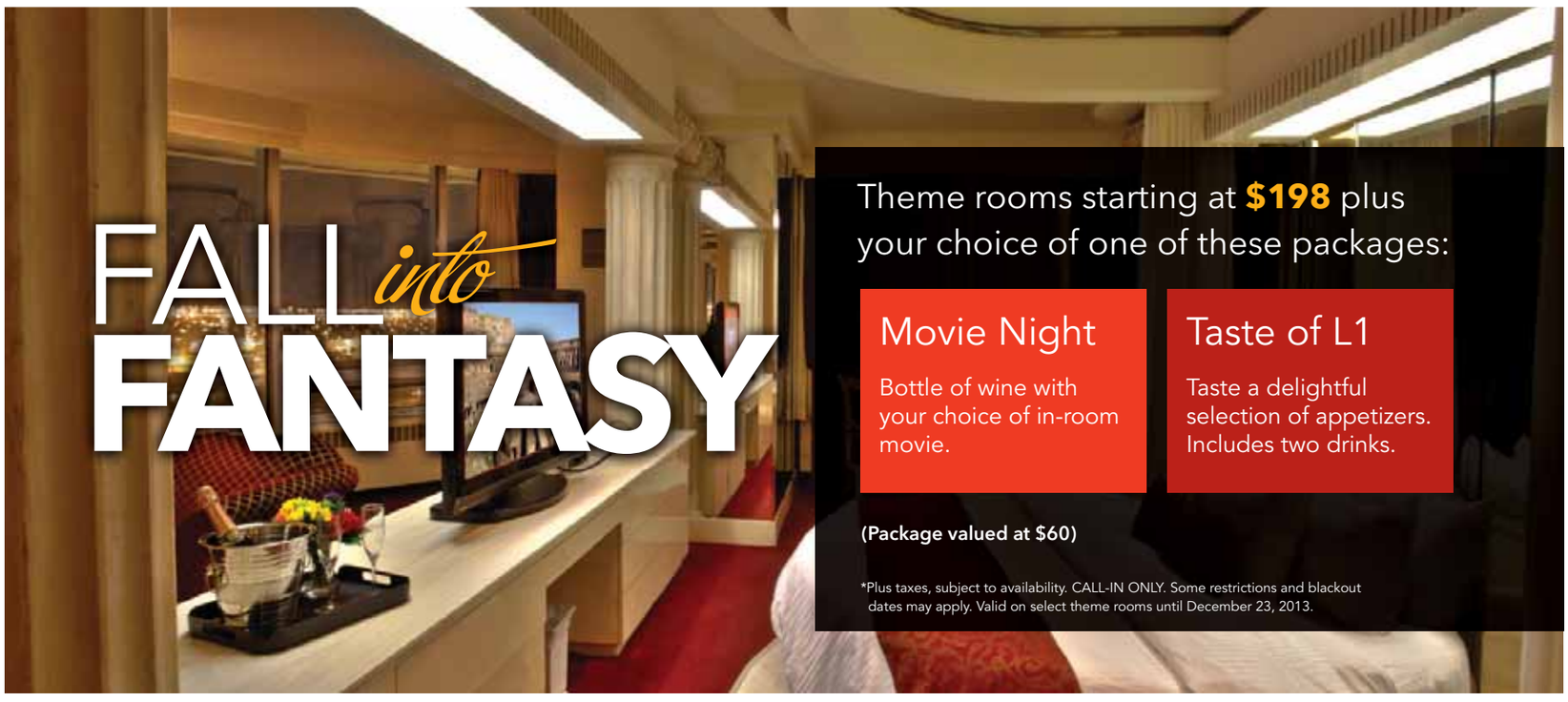
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katy Perry

It's 'inevitable' Katy and John will get married (unless they break up again)

Apparently when it comes to Katy Perry and John Mayer hearing wedding bells, it's less a question of if than a question of when. "It's inevitable," a source tells E! News about the chance of Mayer proposing now that things have gotten "very serious" in their relationship. "Everyone wants them to get engaged. They are so perfect together," the source says.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While Canadian security agents may be tapped into what's going on in Brazil, I'm betting most of you have never investigated cachaça (ka-SHA-sa) — the country's best known alcoholic beverage.

With all the wine pouring out of Chile and Argentina, I guess it's easy to understand how an in-your-face, sugar-cane-based spirit could take a back seat when South American booze comes to mind.

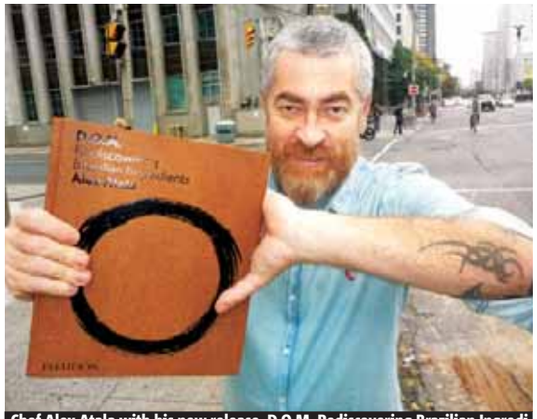
That said, cachaça is the third most consumed spirit in the world.

Often referred to as Brazilian rum, cachaça isn't made from molasses (like most rum). It's produced from raw sugar-cane juice that's been fermented and then distilled.

A fiery tipple, delicate Canadian palates will appreciate it best when served hidden underneath some mix like in Brazil's national cocktail, the caipirinha. Made with a combination of cachaça, lime juice and sugar, it's a refreshing, mint-less take on the mojito.

Selection varies across the country, with Leblon Cachaça ($29.95 to $32.99) available in most markets. White rum lovers will find a familiar sugary sweetness fighting its way through the up-front aggression, while tequila fans will appreciate its vegetal nuances. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

The Brazilian food revolution



Chef Alex Atala with his new release, D.O.M. Rediscovering Brazilian Ingredients. FERNANDO CARNEIRO/METRO

Alex Atala. Rebel chef ventures into the jungle for ingredients and takes on food authorities

FERNANDO CARNEIRO
Metro

With Brazil hosting the two largest sporting events in the next three years — the World Cup and Olympics — you'll want to know the chef revolutionizing Brazilian cuisine.

Alex Atala is applying classical French techniques learned in Europe to local ingredients — some that have long been ignored by Brazilians.

Atala is an adventurous chef who goes into the Amazon jungle to source his ingredients. He's a rebel, serving ingredients banned in Brazil. And he's really good. D.O.M. is considered the sixth-best restaurant in the world by Restaurant magazine. Its list is an annual snapshot of the opinions and experiences of more than 900 international restaurant-industry experts.

Recently, the tattooed former amateur boxer was in Toronto to promote his first significant cookbook.

As a colonial country, Brazilians learned to value foreign ingredients at the expense of their own. Atala is rediscovering those ingredients.

"As more and more Brazilians travel abroad and see countries like France value their gastronomy, they come home curious about Brazilian food," Atala said. "There's a movement happening."

To him, manioc — known in Canada as cassava — is the most Brazilian of all ingredients. "To the people in the Amazon, it's as important as soy is to Asian cultures."

He also serves honey produced by Brazilian bees, which contains more humidity and therefore expires faster than that produced by bees imported from Europe. It's banned in Brazil because it can't be stored for long. Atala is fighting to have it and other local ingredients legalized.

Also revolutionary for Brazil, Atala started a non-profit think-tank — ATA (instituto-ata.org.br/en) — to promote fair-trade practices in the Amazon region and help farmers earn a living selling local produce.

If you do go to Brazil for the World Cup next year, Atala suggests that the best souvenir is flavour. Enjoy.

Serves 4. D.O.M. REDISCOVERING BRAZILIAN INGREDIENTS BY ALEX ATALA, PHAIDON.COM

Recipe

Mushroom With Smoked Parsnips

Ingredients

- 1 kg coarse salt
- 300 g parsnip, washed
- 150 g fresh button mushrooms

For presentation

- extra virgin olive oil, for coating the parsnips and for presentation
- smoked salt
- salt and pepper
- 4 black garlic cloves
- parsley, chopped

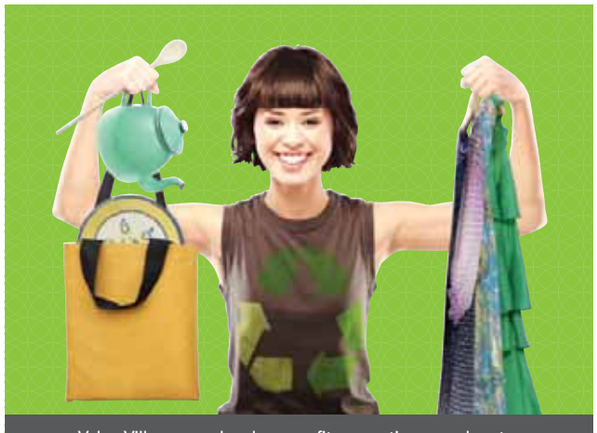
Preparation

1. Preheat the oven to 200 C.
2. Dampen the coarse salt. Place half the salt on the bottom of a roasting pan. Place the parsnips on top of the salt in a single layer. Cover the parsnips with the rest of the coarse salt
3. Bake for an hour. Remove from the oven and transfer the parsnips to a rack to cool. When cool, peel skin off the parsnips and cut them into 4 pieces lengthwise. Set aside.
4. In a large frying pan or skillet toast the button mushrooms directly over flame until golden brown. Set aside and keep warm

Finish and presentation

1. Place the parsnips in a clean roasting pan and coat lightly with olive oil
2. Return the parsnips to the oven for about 3 minutes to warm through.
3. Remove from oven and season with the smoked salt. Season the mushrooms with salt and pepper, and place a mound of them in the centre of a dish.
4. Cut the cloves of black garlic in half. Arrange 2 pieces of parsnip and 2 halves of black garlic beside the mushrooms
5. Finish with drizzle of olive oil and sprinkling of parsley.

FROM D.O.M. REDISCOVERING BRAZILIAN INGREDIENTS BY ALEX ATALA



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EDM party

Renowned DJ Bassnectar will be playing with special guests Torro Torro and Brillz at one of the biggest electronic dance, art and production events happening in Calgary this year. The Big 4 building on the Stampede grounds is hosting the Worlds of Imagination party on Sunday with mind-blowing visuals, cirque performers and music to keep you dancing all night. This will be a spectacle to see. Visit the website connectedevents.ca to learn more about the different price options for tickets.

Emmylou Harris

Emmylou Harris will be in town on Tuesday at the Jack Singer Concert Hall. This show will celebrate the recent collaboration between Harris and Rodney Crowell. Harris has had an illustrious career and is a 12-time Grammy Award-winner. Crowell is no stranger to the music business either. Everyone from Johnny Cash and the Grateful Dead to Norah Jones has recorded Crowell's songs. Harris and Crowell will be joined by Richard Thompson. Doors are at 7 p.m. and show begins at 8. calgaryfolkfest.com

Gentleman's Night

On Wednesday it's all about dressing to impress and joining your fellow gentlemen. Join CRAFT for an evening of great food and beer as well as some insight into the history behind the brewery and beer featured. Chef Paul McGreevy creates a unique four-course dinner to pair with their partner brewmaster's selection of beers. Tickets are $100 with 50 per cent of the proceeds going toward Movember. The event begins at 6 p.m. with welcome beers. Buy your ticket in advance, as space is limited. (403) 514-2337.

Sound-o-rific

The EPCOR brings you a festival dedicated to experimental media, audio and visual arts starting on Thursday. Soundasaurus will showcase a variety of artists who are pushing boundaries with their creative sounds, installations, films and performances. This year artists will include Ivan Reese, Loscil, Ceephax, Ian Campbell, Kyle Hinton and many more. There will be a free sound installation in the Arts and Learning Centre at the EPCOR Center. For all other events, tickets are $15 per night or you can purchase a three-day festival pass for $39. 403-294-9494.

Fundraiser

On Thursday, Studio Coalition brings you the charity event Overhaul, a night geared toward raising money to support The Alberta Children's Hospital Foundation and to fund cancer research for kids. You'll get the chance to hear about Calvin Locke's inspirational 100-day journey across Canada. When Locke learned of a young girl's battle with cancer last year, he gained the inspiration to tour his EP, with each show being played out of his van to raise money for The Will to Survive organization. Tickets are $40. wearestudiocoalition.com.

Banff and Area

Starting on Thursday and running until Nov. 24, you are invited to enjoy all the wonderful culinary treats that Banff and Lake Louise have to offer. Bon Appetit is a food festival that celebrates dining in the Rockies and there will be 30 wonderful restaurants participating this year. All the restaurants involved in the festival will be offering three course meals and prix fixe options ranging from $25 to $45. Visit the website to find out more about the restaurants and all the great deals you can get on accommodations. banfflakelouise.com or 403-762-8421.

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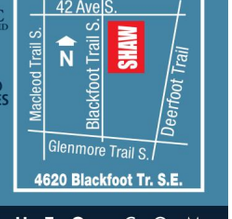

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4 SPORTS

Outstanding rookie nod

Jones drawn to puzzle that is pigskin

Football wasn't always at the forefront of Brett Jones's life.

He was thinking dentistry when he graduated from high school and had already applied to medical school when the Calgary Stampeders drafted him.

But football drew in the 22-year-old offensive lineman from Weyburn, Sask., because it was a package of challenges: physical strength, discipline, strategy, problem solving, time management.

"I just really think the game of football has changed who I am," Jones said. "I've really been able to realize what I'm capable of.

"I did have a curiosity. Why not give it a chance and see what happens?"

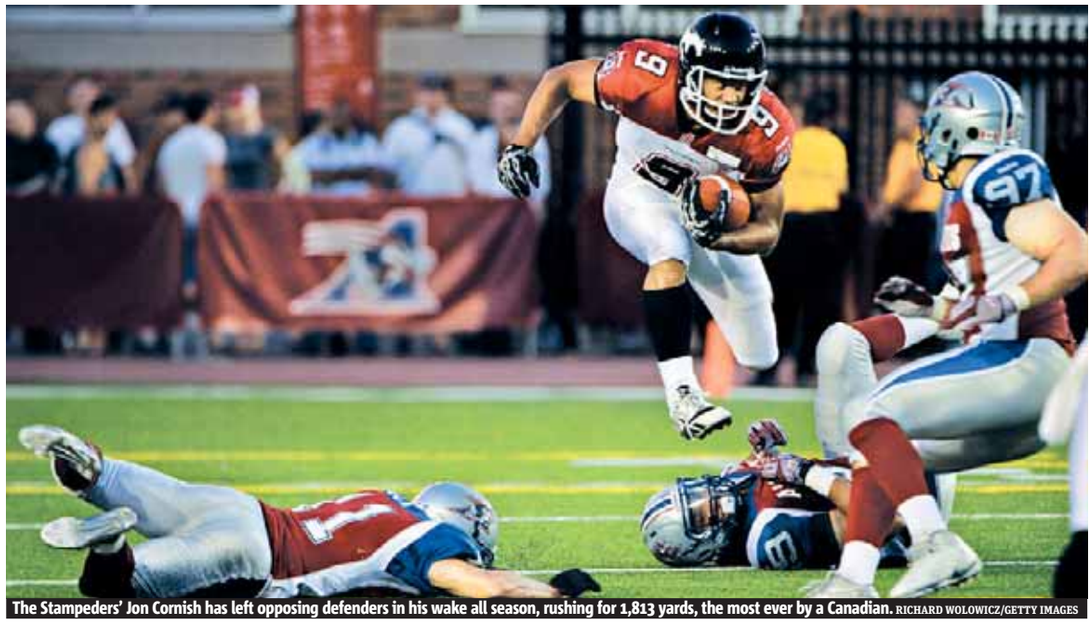
What happened was Jones was named a CFL Most Outstanding Rookie nominee on Thursday.

He contributed to an offensive line that gave up the fewest sacks in the CFL this season and helped running back Jon Cornish rush for a league-leading 1,813 yards.

The awards will be announced Nov. 21 in Regina. Jones is up against C.J. Gable, a 26-year-old running back with Hamilton.

THE CANADIAN PRESS

Brett Jones COURTESY STAMPEDERS.COM



The Stampeders' Jon Cornish has left opposing defenders in his wake all season, rushing for 1,813 yards, the most ever by a Canadian. RICHARD WOLOWICZ/GETTY IMAGES

Cornish proving to be one rare Canuck

CFL awards. B.C.-born running back has chance to become third-ever outstanding player recipient from Canada

He's one of only two Canadians to ever win the CFL's outstanding player award, but Tony Gabriel believes Jon Cornish belongs in that select fraternity.

The Calgary Stampeders running back received the West Division nomination for the CFL's top individual award Thursday in voting by the Football Reporters of Canada and the league's eight head coaches. Quarterback Ricky Ray, who led the defending Grey Cup-champion Toronto Argonauts atop the East Division, was named a first-time finalist for the honour.

The six-foot, 217-pound Cornish ran for a CFL-high 1,813 yards, the most in a season by a Canadian. The 29-year-old native of New Westminster, B.C., also led the league in yards from scrimmage (2,157) and TDs (14) and helped Calgary (14-4) finish atop the West Division.

Gabriel, 64, of Burlington, Ont., was the last Canadian to be named the CFL's top player, doing so in 1978 as a tight end with Ottawa. Former Rough Riders quarterback Russ Jackson, 77, of Hamilton, was a three-time winner (1963, '66, '69).

"I'm excited and elated about Jon Cornish's achievements through the course of this past year," Gabriel said Thursday in a telephone interview. "I think he has matured quite a bit in terms of challenging himself to have a better year all-round in comparison to last year.

"He's an astute gentleman off the field and certainly is very impressive. I just wanted to extend to him my sincerest wishes and I believe he's the most outstanding player this year." THE CANADIAN PRESS

Stampeders accolades

Jon Cornish was also nominated as top Canadian — an award he won last year — and was one of four Stampeders finalists. The others include defensive end Charleston Hughes (defensive player), centre Brett Jones (rookie) and kicker Rene Paredes (special-teams player).

St. Louis edge out the fizzling Flames

PriSteen performance. Steen is the first Blues player since Brett Hull to score 14 goals in the first 14 games

Alexander Steen scored his league-leading 14th goal, Brian Elliott stopped 18 shots for his 100th career win and the St. Louis Blues beat the Calgary Flames 3-2 Thursday night.

St. Louis has won five of six and is 6-1-1 at home. Calgary has lost four of five and eight of 11.

Maxim Lapierre and Vladimir Tarasenko also scored for St. Louis.

Elliott, who got the start in place of Jaroslav Halak, improved to 2-0-1 with his second straight strong performance. He stopped 31 shots in a 4-0 win at Florida on Nov. 1.

Steen has a point in a career-best nine games in a row. He has scored in all but two contests this season.

Despite his sizzling pace, Steen remains focused on the Blues' quick 10-2-2 start and not his individual run.

"I don't really analyze myself that way," Steen said. "You don't think about that or you'll start focusing on the wrong things."

Steen converted on a backhand from the slot in the second period to push the lead to 3-0.

"He works his butt off and it's nice to see him get rewarded," St. Louis defenceman Jordan Leopold said. "Whatever he's doing, he's got to keep doing it."

Leopold had two assists in the game, his first points of the season.

Steen scored the winning goal in the final minute of a 3 - 2 win over Winnipeg on Oct. 29 and a 3-2 victory over Chicago on Oct. 9.

He became the first St. Louis player to score 14 goals in the first 14 games of a season since Brett Hull had 16 in that span in the 1990-91 campaign.

Tim Jackman and Mike Cammalleri scored third-period goals for Calgary. Cammalleri tallied at 14:49 to bring the Flames to within 3-2.

But Elliott was able to close down Calgary with some help from a staunch defence, which blocked 18 shots.

"They got two on us, but we battled the last few minutes and squeaked it out," Elliott said.

Calgary rookie goaltender Reto Berra fell to 1-2 in his third career start. THE CANADIAN PRESS

On Thursday

Blues	Flames
3	2

The St. Louis Blues' Jay Bouwmeester, left, looks to pass against the Calgary Flames' T.J. Galiardi during first-period action Thursday in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

NFL

Vikings rally past Redskins

The Minnesota Vikings needed most of the game to figure out how to stop Robert Griffin III and the Washington Redskins.

They finally walked off their home field a winner, too. Adrian Peterson ran for 75 yards and two touchdowns, and the Vikings forced Griffin into three straight incompletions from the 4 in the final seconds to hold on for a 34-27 victory Thursday night.

Christian Ponder went 17 for 21 for 174 yards with two touchdowns and an interception before leaving late in the third quarter with an injured left shoulder. THE ASSOCIATED PRESS

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NFL. Players divided on Jonathan Martin's response

In a culture that fosters conflict, Jonathan Martin sought to avoid it.

Upset by treatment he considered abusive, the Miami tackle left the Dolphins last week. His agent complained to the Dolphins, who suspended guard Richie Incognito.

The NFL is investigating whether Incognito harassed or bullied Martin, and whether their teammates and the organization mishandled the matter.

Some say Martin handled the situation well. But some players believe Martin should have responded more firmly.

"Is Incognito wrong? Absolutely," New York Giants safety Antrel Rolle said. "No individual should have to go through that, especially in their workplace.

"But at the same time, Jonathan Martin is a 6-4, 320-pound man. I mean, at some point and time you need to stand your ground as an individual."

Dolphins players have defended Incognito, long considered one of the NFL's dirtiest players, praising his leadership and loyalty.

They've been less passionate in their support of Martin, saying he and Incognito behaved like best friends.

"They did a lot of stuff together," tackle Tyson Clabo said. "So if he had a problem with the way he was treating him, he had a funny way of showing it." THE ASSOCIATED PRESS

Mike Tyson THE ASSOCIATED PRESS FILE

Mike Tyson. Ex-heavyweight champ bares soul in autobiography

Mike Tyson's life story is the gift that keeps giving.

And giving. And giving.

At one time he was the baddest man on the planet, a heavyweight champion who terrorized anyone who got in his way, inside the ring or out. More recently he's unburdened himself as perhaps the most tortured soul on earth, with a one-man show on Broadway that Spike Lee has turned into an HBO special airing Nov. 16.

It turns out that Tyson didn't tell us everything. Not to worry, because he's taken care of that in a hefty autobiography that might be the most soul-baring book of its genre ever written.

The title is Undisputed Truth, and the truth is that Mike Tyson is one messed-up dude. He's desperate to put his demons to rest, but the book needed an extra epilogue written just before printing to talk about him falling off the sobriety wagon once again.

Quoted

"I have a lot of pain and I just want to heal."

Mike Tyson says he's back in Alcoholics Anonymous after drinking in August.

And though things might be better these days in Tyson's world, he constantly warns that he's not far from slipping off the edge, or slipping back into a strip club to party with drugs and women.

"Sometimes I just fantasize about blowing somebody's brains out so I can go to prison for the rest of my life," he writes. "Working on this book makes me think that my whole life has been a joke."

If so, Tyson has yet to figure out the punchline. Though he has reinvented himself in recent years as a family man and vegan with enough comedic chops to act in movies, he says he lives daily with the dark past of a junkie who loved to snort cocaine and drink and was constantly preoccupied with finding women to bed. THE ASSOCIATED PRESS

Webster knocks out Holland at Road to the Roar

Curling. Calgary rink's Olympic hopes still alive in Kitchener, Ont.

Crystal Webster avoided elimination at the 2013 Capital One Road to the Roar Olympic pre-trial tournament with an 8-5 win over Amber Holland on Thursday.

Webster's Calgary rink took control from the start of the C-event game. She took a 4-2 lead in the fourth end when Holland's soft tap-back attempt wrecked on a guard, leaving an open draw for two points.

A single in the ninth end was too little too late for Regina's Holland, who was eliminated with her third loss.

Calgary's Crystal Webster eliminated Regina's Amber Holland on Thursday with a win at the Road to the Roar Olympic pre-trials in Kitchener, Ont.
TORSTAR NEWS SERVICE

"We knew we had to play better today," said Webster, referring to the team's two previous losses. "We played miles better than we have the two previous games. We loved the ice today, so that made us feel so much better."

Webster credits third Cathy Overton-Clapham for bringing some much-needed experience to a team that has yet to compete at the international level.

"We thought, in an Olympic year, it would be great to bring that experience on to our team," she said. "And we're still learning from each other of course. We've tried to play as much as (we) could leading up the pre-trials, but we are getting better."

The teams are fighting for the last four berths — two men and two women — at next month's Tim Hortons Roar of the Rings Canadian Curling Trials in Winnipeg.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	15	11	4	0	51	37	22
Detroit	17	9	5	3	43	45	21
Toronto	15	10	5	0	48	36	20
Boston	15	9	5	1	42	29	19
Montreal	17	8	8	1	44	38	17
Ottawa	16	6	6	4	50	49	16
Florida	16	3	9	4	32	57	10
Buffalo	17	3	13	1	31	53	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	16	11	5	0	49	38	22
Washington	16	9	7	0	53	44	18
NY Rangers	16	8	8	0	35	43	16
Carolina	16	6	7	3	30	45	15
NY Islanders	16	6	7	3	47	51	15
New Jersey	15	4	7	4	29	42	12
Columbus	15	5	10	0	36	44	10
Philadelphia	15	4	10	1	22	42	9

Thursday's results
Washington 3 Minnesota 2 (SO)
Boston 4 Florida 1
Ottawa 4 Montreal 1
Carolina 1 NY Islanders 0
NY Rangers 4 Columbus 2
New Jersey 3 Philadelphia 0
Dallas 4 Detroit 3 (OT)
Tampa Bay 4 Edmonton 2
St. Louis 3 Calgary 2
Buffalo at Los Angeles
Vancouver at San Jose

Wednesday's results
NY Rangers 5 Pittsburgh 1
Chicago 4 Winnipeg 1
Nashville 6 Colorado 4
Anaheim 5 Phoenix 2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	14	12	2	0	46	25	24
Chicago	16	10	2	4	56	43	24
St. Louis	14	10	2	2	50	33	22
Minnesota	17	9	4	4	45	38	22
Nashville	15	8	5	2	37	44	18
Dallas	16	8	6	2	44	47	18
Winnipeg	17	6	9	2	40	51	14

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	17	13	3	1	57	42	27
San Jose	15	10	1	4	57	32	24
Phoenix	17	11	4	2	56	53	24
Vancouver	17	10	5	2	48	44	22
Los Angeles	15	9	6	0	43	40	18
Calgary	16	6	8	2	45	57	14
Edmonton	17	4	11	2	42	66	10

Note: Two points for a win, one point for overtime loss.

Friday's games — All Times Eastern
New Jersey at Toronto, 7:30 p.m.
Nashville at Winnipeg, 8 p.m.
Calgary at Colorado, 9 p.m.
Buffalo at Anaheim, 10 p.m.

Saturday's games
Edmonton at Philadelphia, 1 p.m.
Florida at Ottawa, 2 p.m.
Minnesota at Carolina, 7 p.m.
Toronto at Boston, 7 p.m.
Tampa Bay at Detroit, 7 p.m.
NY Islanders at Columbus, 7 p.m.
Pittsburgh at St. Louis, 8 p.m.
Washington at Phoenix, 8 p.m.
Chicago at Dallas, 8 p.m.
Vancouver at Los Angeles, 10 p.m.

MLS PLAYOFFS

CONFERENCE SEMIFINALS

EASTERN CONFERENCE

NEW YORK VS. HOUSTON

Wednesday's result
Leg 2 — Houston 2 New York 1 (extra time)

SPORTING KC VS. NEW ENGLAND

Wednesday's result
Leg 2 — Sporting KC 3 New England 1

WESTERN CONFERENCE

PORTLAND VS. SEATTLE

Thursday's game
Leg 2 — Seattle at Portland, 11 p.m.

REAL SALT LAKE VS. LA GALAXY

Thursday's game
Leg 2 — Real Salt Lake 2 Los Angeles 0

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	5	0	1.000	—
Miami	4	2	.667	1½
Philadelphia	3	2	.600	2
Charlotte	3	2	.600	2
Orlando	3	2	.600	2
Atlanta	2	2	.500	2½
Detroit	2	2	.500	2½
Milwaukee	2	2	.500	2½
Brooklyn	2	2	.500	2½
Toronto	2	3	.400	3
Cleveland	2	3	.400	3
Chicago	1	3	.250	3½
New York	1	3	.250	3½
Washington	1	3	.250	3½
Boston	1	4	.200	4

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	4	1	.800	—
Golden State	4	1	.800	—
Houston	4	1	.800	—
Oklahoma City	3	1	.750	½
Minnesota	3	2	.600	1
Phoenix	3	2	.600	1
Dallas	3	2	.600	1
L.A. Clippers	3	3	.500	1½
Portland	2	2	.500	1½
New Orleans	2	3	.400	2
L.A. Lakers	2	3	.400	2
Memphis	2	3	.400	2
Sacramento	1	3	.250	2½
Denver	0	3	.000	3
Utah	0	5	.000	4

x - clinched playoff berth; **y** - division; **z** - conference.

Thursday's results
Miami 102 L.A. Clippers 97
Atlanta at Denver
L.A. Lakers at Houston

CFL PLAYOFFS

DIVISION SEMIFINALS

EAST DIVISION

Sunday's game — All Times Eastern
Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST DIVISION

Sunday's game — All Times Eastern
B.C. at Saskatchewan, 4:30 p.m.
Byes: Toronto (East), Calgary (West)

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Horoscopes

♈ Aries
March 21 - April 20
Success comes to those who dare, so dare to be different and don't give two hoots what other people might say. The only thing that matters is what you say (and do).

♉ Taurus
April 21 - May 21
Don't waste time and energy completing a task that should have been over and done with by now. Your life is about to move in a radically new direction. In a matter of days, you will be working on something different.

♊ Gemini
May 22 - June 21
Set targets but don't set time limits. Keep your plans general over the next few days and let everything happen at its own natural pace, even if at times that pace seems dead slow.

♋ Cancer
June 22 - July 23
Keep your ideas simple today if you want to be taken seriously. Sometimes your thoughts get complicated and you spend more time trying to make sense of them than actually getting things done. Time to change.

♌ Leo
July 24 - Aug. 23
You may be generous but you are nobody's fool and anyone who thinks you will be taken in by a sob story today will soon realize they have made a mistake.

♍ Virgo
Aug. 24 - Sept. 23
Why waste time fussing when you can be having fun with your friends? You may have serious things to think about but you will think about them better if you are enjoying life.

♎ Libra
Sept. 24 - Oct. 23
You seem to be on duty all the time and you really must call a halt. Take a break if you need it today and over the weekend. In fact, take a break if you don't need it — just to make the point that no one owns you.

♏ Scorpio
Oct. 24 - Nov. 22
You have worked hard for what you've got and will have to work hard to keep it. Is someone going to take it away from you? No! But don't be careless and give it away.

♐ Sagittarius
Nov. 23 - Dec. 21
An opportunity will arrive out of the blue tomorrow or over the weekend and you must not hesitate to make use of it. The planets warn if you don't move immediately it won't be with you long, so get it together.

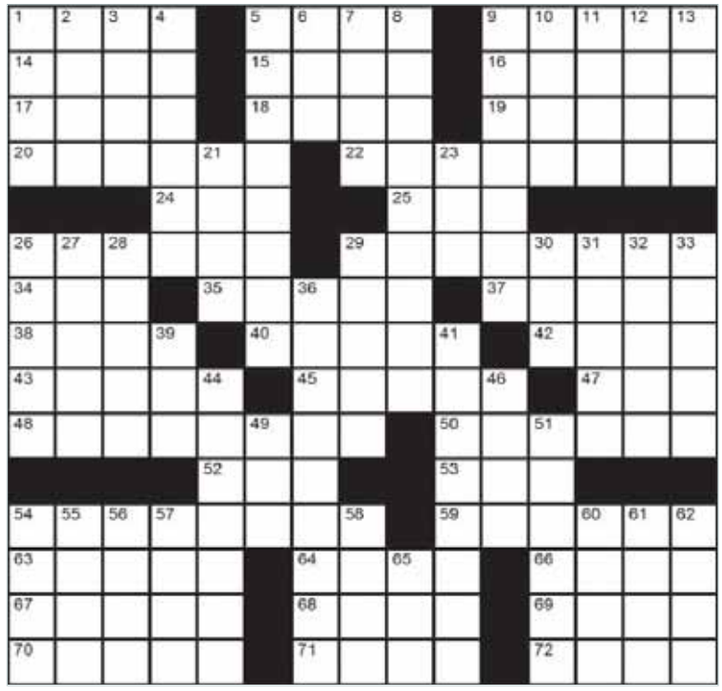
♑ Capricorn
Dec. 22 - Jan. 20
No one is perfect, so don't beat yourself up for mistakes you have made. The fact that you got something wrong is evidence that you tried something different, which is more than most people do.

♒ Aquarius
Jan. 21 - Feb. 19
Are you pleased by what you have achieved or annoyed by what you have failed at? The way you answer says a lot about your state of mind. Be positive: Yesterday's failures lead to tomorrow's successes.

♓ Pisces
Feb. 20 - March 20
Strive to see the good in everyone today, even people who you can't stand the sight of. They have simple human failings, like you. SALLY BROMPTON

Crossword: Canada Across and Down

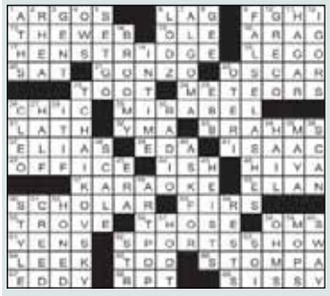
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Cough-drops-needing sound effect
5. "Moneytalks" band
9. "Poppycock!"
14. Scottish songstress
15. But: Spanish
16. "Orange Sky" singer Mr. Murdoch
17. Tournament parts, __. rounds
18. __ de soie (Silk cloth)
19. Riskiness
20. Canadian TV network
22. North American animal scientifically called 'Canis lupus': 2 wds.
24. Amaze
25. Road surface
26. Scorpio is a sign in it
29. Cranky
34. Grand Opry link
35. Country neighbouring Oman
37. Pago Pago's land, American __
38. World's longest river
40. L'__ (Cosmetics brand)
42. Saws
43. Wickednesses
45. Do some PI work: 2 wds.
47. Arrange
48. Icon areas on computers
50. Sitcom fare
52. High card
53. Isthmus of __ (Malay Peninsula part)
54. Dried meat of game
59. Heralded
63. Heart of the __ (Gem in 1997's "Titanic")
64. "__ & Leopold" (2001)
66. Keep
67. Hog not
68. Sort of sword
69. Pizzeria part
70. In the golf cup
71. Interpret, __ into
72. __ a soul

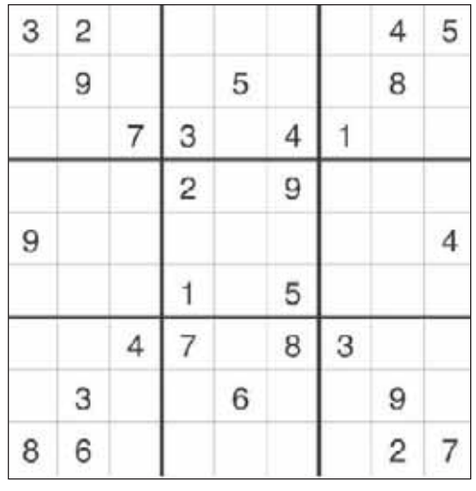
Down
1. "Get __ __ Up" by John Mellencamp
2. Bobby or Brett of hockey
3. Film director Mr. Petri
4. City in India
5. Gig for Steve Jobs' successor Tim Cook: 2 wds.
6. So-so grade
7. Downer
8. City on Vancouver Island
9. Ancient paper
10. Did in, dragon fight style
11. Saver of someone
12. Botanical leaf-to-stem angle
13. Canadian country legend/yodeller
Mr. Carter (b.1904 - d.1996)
21. On the road
23. Use up
26. Partitioned
27. __ green
28. Cold cuts counters, commonly
29. Baby bird sounds
30. Quebec 'lake'
31. Charm
32. Illustrious
33. Like a satisfying snack
36. Andrew Scheer, as he is addressed by MPs in the House of Commons: 2 wds.
39. Wapiti
41. Defence contractor, __ Martin Canada
44. __ glass windows
46. A Doll's House wife
49. Job [abbr.]
51. House: French
54. Victoria Beckham, as a Spice Girl
55. Grand Canyon sound
56. Repast
57. She-horse
58. Neck's back
60. Volcano flow-er
61. At all
62. Disavow
65. Coffee alternative

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	4	7	2	8	5	6	1	9
8	1	5	3	6	9	2	7	4
6	2	9	7	1	4	8	5	3
9	6	2	1	4	3	5	8	7
1	8	4	9	5	7	3	2	6
5	7	3	6	2	8	9	4	1
4	3	8	5	7	6	1	9	2
2	5	6	4	9	1	7	3	8
7	9	1	8	3	2	4	6	5

Weather

TODAY	SATURDAY	SUNDAY
MAX: 2° MIN: -3°	MAX: 3° MIN: -8°	MAX: -4° MIN: -9°

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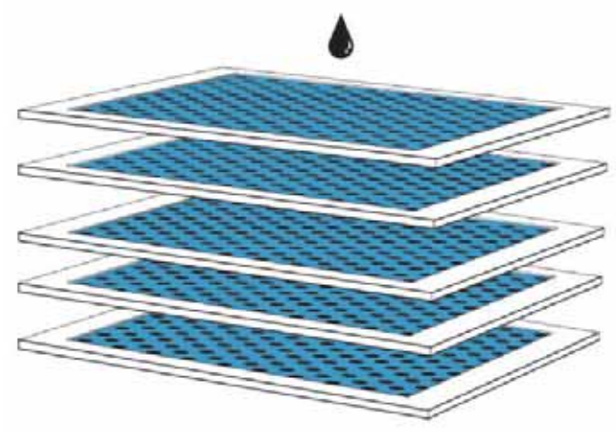

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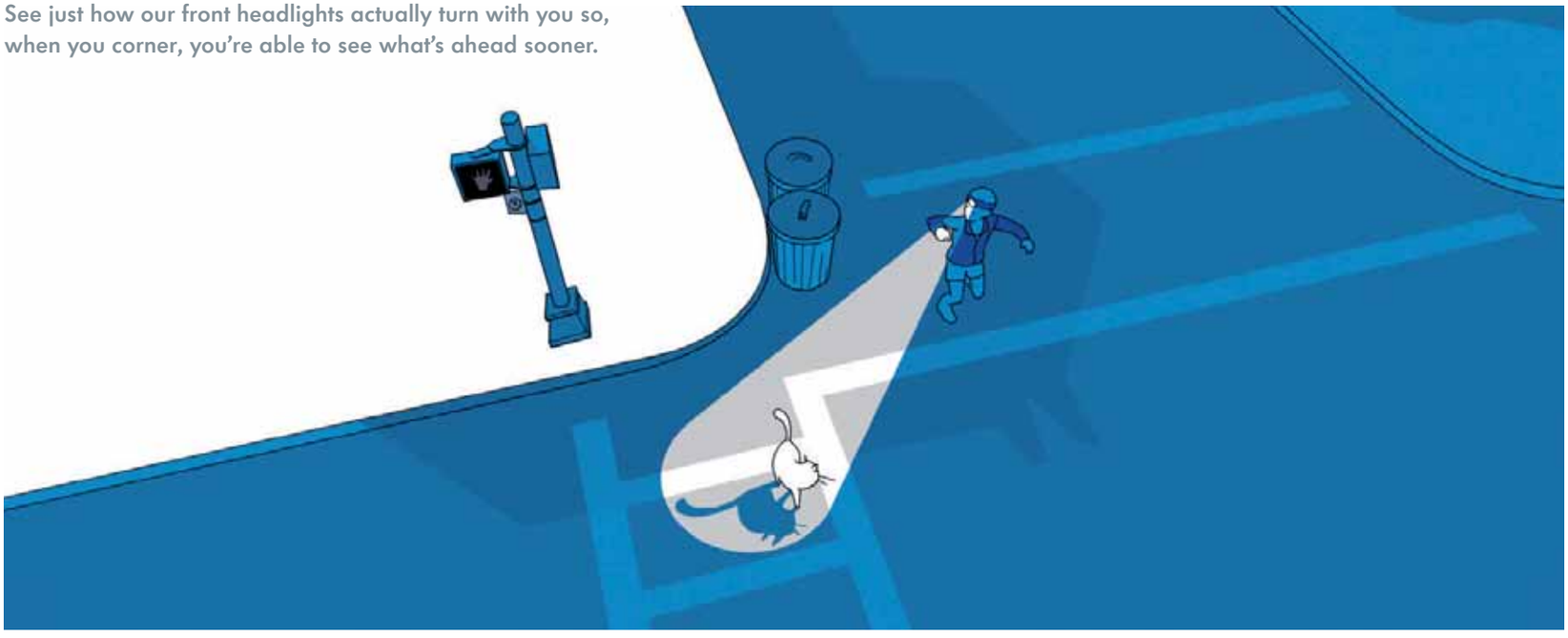

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